



CHOCOLATE PEANUT BUTTER PROTEIN GRANOLA BITES

High-Protein / Gluten-Free / Healthy Snacks

Recipe by @healthy.mom.healthy.family and featured on MariGoldFoods.com

"Make a batch of this Chocolate Peanut Butter Protein Granola for an easy and delicious breakfast or snack to have on hand throughout the week. "

- @healthy.mom.healthy.family

INGREDIENTS:

- 3 cups gluten-free rolled oats
- 1/2 cup MariGold Rich Chocolate Malt Protein Powder
- 1/4 cup monk fruit sweetener
- 2 Tbsp cocoa powder
- 1/4 tsp salt
- 1/2 cup peanut butter
- 1/4 cup coconut oil
- 1/4 cup liquid sweetener such as zero sugar maple syrup or honey
- 1 cup chopped peanuts

DIRECTIONS:

1. Preheat the oven to 350.
2. In a bowl, stir together the rolled oats, protein powder, monk fruit sweetener, cocoa powder and salt.
3. Add the peanut butter, coconut oil and liquid sweetener to a separate microwave-safe bowl. Microwave at 30-second intervals, stirring in between, until the coconut oil has melted. (Alternatively, melt the coconut oil, peanut butter and sweetener in a small saucepan over medium-low heat.)
4. Pour the melted peanut butter and coconut oil mixture into the bowl with the stirred dry ingredients. Give everything a good stir.
5. Add the chopped peanuts and stir.
6. Spread the granola mixture onto a sheet pan lined with parchment paper. Bake at 350 for 20 minutes, stirring halfway through.
7. Allow the granola to fully cool, then break it into pieces and store in an airtight container at room temperature for up to 2 weeks.



Featuring MariGold
Rich Chocolate Malt Whey Isolate
Protein Powder
(MariGoldFoods.com)

