



HIGH PROTEIN, LOW SUGAR “PAYDAY” BARS

High Protein / Gluten-Free / Low Sugar / Refined Sugar-Free / No-Bake

Recipe by Curtis Jones (@ketoxjunkie) and

Featured on MariGoldFoods.com

INGREDIENTS:

- 2 or 2.5 cups roasted salted/unsalted peanuts
- 1/2 cup no sugar added creamy peanut butter
- 2 servings (4 scoop) MariGold Peanut Butter Whey Isolate Protein Powder
- 1/4 cup MariGold Allulose
- 2 tbsp salted/unsalted butter
- 1 tsp vanilla extract
- 1/4 cup sugar-free caramel syrup

DIRECTIONS

1. Add your peanuts to a bag and crush (food processor can work too)
2. In a microwave safe bowl melt your peanut butter and mix in half the peanuts along with your protein powder
3. In another microwave safe bowl add in your butter, caramel syrup and allulose and melt.
4. Mix in your caramel syrup with the peanut butter mixture.
5. Optional: grab your candy bar silicone mold and pour in the remaining crushed peanuts, add a bit of the peanut butter mixture and top with more peanuts. (if you don't have a silicone mold you can use a greased dish)
6. Set in the fridge for a couple hours or overnight to harden.



Featuring MariGold
Peanut Whey Isolate
& Allulose
(MariGoldFoods.com)

