

HIGH PROTEIN, LOW SUGAR "PAYDAY" BARS

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

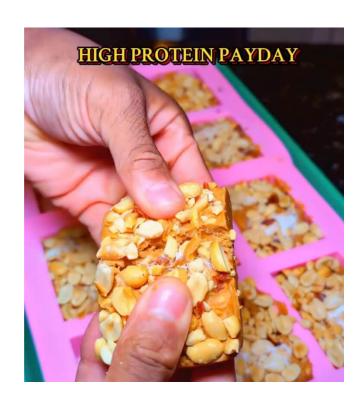
Recipe by Curtis Jones (@ketoxjunkie) and Featured on MariGoldFoods.com

INGREDIENTS:

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

DIRECTIONS

- 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.
- 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)

