



TWIX PROTEIN COOKIE BARS

High Protein / Keto-Friendly / Low-Carb

Recipe by Deedee (@eatwithdeedee) and featured on MariGoldFoods.com

"I was craving something chocolate+caramel so I decided to do a Twix cookie bar using my Blondie recipe. These are so soft and delicious, you can add any flavors or toppings too. They are so simple to make and everyone will love them."

- Deedee

INGREDIENTS:

Blondies

- 1 cup butter, softened
- 1/2 cup granulated sweetener (used @truvia)
- 1/2 cup golden sweetener
- 1 3/4 cup almond flour
- 1/4 cup MariGold Creamy Vanilla Whey Isolate Protein Powder
- 2 eggs
- 2 TSP vanilla extract or caramel (used @oooflavors)
- 1 TSP salt

To add the Twix part:

- Sugar-free caramel candies (used @russellstoverus)
- Cookie Spread (used @choczero, but you can use caramel sauce or peanut butter instead)



DIRECTIONS

1. Preheat oven to 350 degrees.
2. Blend butter and sweeteners until combined. Add eggs and mix until combined.
3. Add flour, protein powder, vanilla, and salt and mix.
4. Spread batter in an 8x8 parchment lined pan. I swirled cookie spread on the top, but you could also swirl some caramel sauce or even peanut butter. Press some caramel candies into the tops.
5. Bake for about 16-20 minutes.

Featuring MariGold
Creamy Vanilla Whey Isolate
Protein Powder
(MariGoldFoods.com)

