

Dialyvite® Hi-Peak Peanut Butter Energy Bar



No-bake energy bars loaded with Dialyvite's® Hi-Peak Protein.

Ingredients:

1 cup old-fashioned rolled oats
1 cup quick oats
1 teaspoon vanilla
6 scoops of Dialyvite® Hi-Peak Protein Powder
1 Tablespoon 2% milk

½ cup smooth, no-salt peanut butter
½ cup honey
½ cup rice cereal
3 Tablespoons chocolate chips

Line a 9 x 13 pan with parchment paper. Mix oats and Dialyvite® Hi-Peak Protein Powder in large bowl. Stir in the peanut butter, vanilla and honey. Add the milk and chocolate chips. Gently stir in the rice cereal. Pat the mixture into the bottom of the pan. Press down evenly and put into the freezer to harden. (You can melt the chips and drizzle over the bars). Cut into 24 bars. Store bars in the refrigerator or freezer.

Each serving contains approximately:

5.7 grams of Protein	4 grams of Total Fat	2.7 grams of Saturated Fat	8 grams of Sugar	62 milligrams of Sodium
116 milligrams of Potassium	78 milligrams of Phosphorus	14.5 grams of Carbohydrates		111 Calories