



American Pistachio Protein Bars

Yield: 16

Ingredients

60g dried blueberries
85g untoasted coconut flakes
60g golden flax seed
75g whey protein
300g salted American pistachio kernels
1 tsp salt
100g sugar
1 tbsp vegetable oil
60ml water

For more recipes using delicious and nutritious American pistachios visit AmericanPistachios.co.uk/nutrition-and-health/health-professionals-toolkit.



Instructions:

In food processor, combine: dried blueberries, coconut flakes, golden flax seed, whey protein, and salted American pistachio kernels. Pulse, for roughly 20 seconds. In small sauce pan combine: salt, sugar, vegetable oil, and water. Boil for 15 seconds. Add wet ingredients to dry ingredients and mix. Using wax paper on baking sheet, flatten mixture evenly. Freeze for 10 minutes and enjoy. Store by wrapping in wax paper.

8 g Protein and 5 g fibre per serving