

# High-Protein Bars



## INGREDIENTS:

- |  |                                     |
|--|-------------------------------------|
| <b>1-1/3 cups</b> Puffed brown rice cereal       | <b>3/4 tsp</b> Salt                 |
| <b>7/8 cup</b> Old-fashioned oats                | <b>2 tsp</b> Curry powder           |
| <b>1-1/4 cup</b> CHiKPURE™                       | <b>1 tsp</b> Ground ginger          |
| <b>1/2 cup</b> Unsweetened coconut (shredded)    | <b>1 pinch</b> Black pepper         |
| <b>1/2 cup</b> Cashews (chopped)                 | <b>2/3 cup</b> Honey                |
| <b>1/2 cup</b> Pistachios                        | <b>1/2 cup</b> Creamy peanut butter |
| <b>1/2 cup</b> Unsweetened dried mango (chopped) | <b>2 tsp</b> Soy sauce              |

## DIRECTIONS:

1. Mix cereal, oats, protein powder, coconut, cashews, pistachios, dried mango, salt, curry powder, ginger, and pepper in a large bowl.
2. In a separate bowl, stir together honey, peanut butter, and soy sauce.
3. Mix wet ingredients and dry ingredients until combined.
4. Pack the mixture into a greased 8x8 or 9x13 pan.
5. Refrigerate for at least one hour, then cut into bars.

