



PUMPKIN PROTEIN BARS

INGREDIENTS:

- 1.5 cups Canned Pumpkin
- 1.5 cups Peanut Butter
- 4 scoops Vanilla Protein Powder
- 2 tbsp Pumpkin Pie Spice
- 1 tsp salt



DIRECTIONS:

- Add canned pumpkin and peanut butter to a large bowl and combine evenly.
- Add remainder of ingredients to bowl and mix evenly until combined.
- Spread mixture from bowl onto a large baking dish lined with parchment paper.
- Place baking dish in freezer for 2 hours.
- Remove from freezer and allow dish to sit for 10-15 minutes before cutting into protein bar shapes.
- Enjoy!