



ANCIENT  
NUTRITION

# Homemade Collagen Protein Bars

Serves: 8 to 10

Time: 45 minutes

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## Ingredients

### Chocolate Collagen Protein Bars

- ½ cup creamy almond butter
- ⅓ cup maple syrup
- 1 cup Multi Collagen Protein Chocolate (8 scoops)
- 2 tablespoons coconut flour
- 2 tablespoons cocoa powder
- 1 teaspoon vanilla extract
- 1-3 tablespoons unsweetened almond milk
- 2 tablespoons cacao nibs, optional, plus more for topping
- flaky sea salt, optional

### Peanut Butter Collagen Protein Bars

- 1 cup creamy peanut butter
- ¼ cup maple syrup
- 1 cup Multi Collagen Protein Vanilla (8 scoops)
- 2 tablespoons coconut flour
- 1 teaspoon vanilla extract
- 1-3 tablespoons unsweetened almond milk
- ½ cup chocolate chips

## Directions

1. In a medium bowl, add in almond butter or peanut butter as well as the maple syrup. Microwave about 30 seconds, until softened. Mix until combined.
2. For the chocolate collagen bar, add in chocolate collagen powder, coconut flour, cocoa powder, vanilla and optional sea salt. Mix until combined.
3. For the peanut butter collagen bar, add in vanilla collagen powder, coconut flour and vanilla . Mix until combined.
4. For both recipes, add in almond milk, one tablespoon at a time and stir until the dough is firm, but not too dry or cracking.
5. Fold in cacao nibs for the chocolate collagen bar and dark chocolate chips for the peanut butter bars. Make sure the dough is no longer warm before adding, as they may melt if added in too soon.
6. Press the dough into a parchment lined bread loaf pan. Top with remaining cacao nibs or chocolate chips and press lightly into the dough.
7. Freeze for 30 minutes to set. Cut into 8-10 squares and store in the refrigerator.
8. Bars will last up to one week and need to be stored in an airtight container in the refrigerator.