

# Raw Strawberry Protein Bars

Serves: 6 Bars

Prep Time: 5 min

Cook Time: 5 min

## Instructions

- 1:  
Combine the BiPro Protein powder, UCAN superstarch, and salt if using. Cut in the cashew butter until it resembles a crumbly mixture.
- 2:  
Add in the cashew milk and agave and combine. Once incorporate kneed it all together with your hands.
- 3:  
Once together form the dough into a rectangle. The dough may be sticky so if needed use some extra superstarch on the exterior of your rectangle and place it on a parchment lined baking sheet.
4.  
Cut the rectangle into 6 equal bars and space out on the baking sheet. Melt the chocolate and then spread on the bars. To do the bottom, place the bars in the freezer for about 15 mintues then coat the bottom of the bar,
- 5:  
Store the bars in the fridge and enjoy after long runs or hard workouts!

## Notes

Nutritional Info

**Calories: 234**

**Fat: 10.5g**

Saturated Fat: 2.5g

Polyunsaturated: 0g

Monosaturated: 0g

Trans: 0g

**Cholesterol: 0mg**

**Sodium: 14.2mg**

**Potassium: 1mg**

**Carbs: 25.9g**

Fiber: 2g

Sugars: 6.3g

**Protein: 13.7g**

**Vitamin A (%): 0.4**

**Vitamin C (%): 0**

**Calcium (%): 1.9**

**Iron (%): 9.4**



## Ingredients

3 scoops Strawberry BiPro Protein Powder

3 scoops Plain UCAN Superstarch

1/2 cup cashew butter (archer farms brand is good or make your own)

1/4 unsweetened cashew milk

2 tbsp. agave nectar

¼ tsp sea salt (optional if your cashew butter does not contain it)

1/4 cup Lily's Stevia Sweetened Chocolate Chips