



PISTACHIO PROTEIN BARS

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Plain Low Fat Greek Yogurt	1 Cup	Vanilla Extract	½ Tsp.
Vanilla Protein Powder	1 Scoop	Pinch of Salt	
Chia Seeds	1 Tbsp.		
Chopped Pistachios	2 Tbsp.		
Honey or Sweetener	1-2 Tsp.		

SERVING SIZE

1

PREPARATION

- ✔ Mix Greek yogurt, protein powder, chia seeds, vanilla, sweetener, and salt until thick and smooth.
- ✔ Fold in chopped pistachios.
- ✔ Spread evenly into a parchment-lined small dish.
- ✔ Freeze for 3-4 hours until firm.
- ✔ Slice into 6 bars.
- ✔ Store frozen and allow to soften 2-3 minutes before eating.