



Detox Protein Bars

These bars have a lower glycemic index than regular bars and fit in nicely with the 30 Days to Fit Eating Plan or as a healthy energy filled snack you can feel good about giving your family.

Make in a 9 x 13 pan.

Ingredients:

- 2 cups almond butter (preferably raw if available)
- 1 $\frac{3}{4}$ cups agave nectar (preferably raw if available) ****Better choice is Brown Rice Syrup 1 $\frac{3}{4}$ cups**
- 2 $\frac{1}{4}$ cups Arbonne Protein Powder (chocolate, vanilla or mixed)
- 3 cups gluten free oats *****May substitute with Puffed Brown Rice Cereal – Use 2 $\frac{1}{2}$ cups**

Instructions:

1. Melt almond butter with agave nectar in sauce pan on low heat.
2. In a large bowl mix Arbonne Protein Powder and oats.
3. Add melted almond butter and agave mixture to protein powder mixture and stir well.
4. Pour into pan and pat down.
5. Refrigerate for 1 hour

Makes 24 bars.

