

Pumpkin Spice Protein Bars

These no-bake fruit and nut bars feature the best flavors of fall and get an added protein punch from collagen. They're great for post-workouts, lunch boxes and busy people on-the-go who need a balanced snack.

🕒 Prep: 15 mins Total: 15 mins

🍽️ Servings: 8 bars

1x

2x

3x

INGREDIENTS

- 8 pitted medjool dates
- ½ cup raw pecans
- ½ cup raw whole almonds
- 1 tsp. pumpkin pie spice
- ¾ tsp. cinnamon
- 2 Tbsp. pumpkin puree
- Pinch of sea salt
- ½ cup Vital Proteins Collagen Peptides
- 2 Tbsp. raw pumpkin seeds, chopped

INSTRUCTIONS

1. Place all ingredient (except pumpkin seeds) in the bowl of a food processor.
2. Process until mixture is crumbly yet still holds together well when pinched between your fingers.
3. Press mixture into the bottom of an 8×8-inch pan (or onto a parchment paper-lined baking sheet). Sprinkle with chopped pumpkin seeds, pressing them lightly into the surface.
4. Cut into 8 bars. Wrap in parchment paper and store in a covered container in the fridge for up to 1 week.

NOTES

All photos and content are copyright protected. Please do not use our photos without prior written permission. If you wish to republish this recipe, please rewrite the recipe in your own unique words and link back to the source recipe here on The Real Food Dietitians. Thank you!

NUTRITION INFORMATION

Serving Size: 1 bar Calories: 175 Fat: 8g Sodium: 41mg Carbohydrate: 18g (Fiber: 3g Sugar: 14g) Protein: 9g

DIETARY

Dairy-Free Egg-Free Gluten-free Grain-Free High Protein Paleo Whole30

© The Real Food Dietitians Recipe By: The Real Food Dietitians

Find it online: <https://therealfooddietitians.com/pumpkin-spice-protein-bars/>

DO NOT SELL OR SHARE MY PERSONAL INFORMATION