

Protein Rice Puff Choc Mint Clusters



Ingredients

- 1.5 cups rolled oats
- 1 cup cocoa puffs
- 1 scoop of choc mint protein powder (or regular protein powder and add 1tsp of peppermint extract with the wet ingredients)
- 1/2 cup peanut butter, melted
- 3 tbsp maple syrup
- 2 tbsp soy milk
- Melted chocolate for drizzling

Method

- Start by preparing an 8 x 8 inch pan with baking paper and set it aside for later.
- In a large bowl, combine the rolled oats, cocoa puffs, and protein powder. Mix them together until well combined.
- Add the melted peanut butter, maple syrup, and soy milk to the dry mixture. Carefully fold the ingredients together until everything is evenly incorporated. If the mixture seems too dry, you can add a bit more soy milk.
- Pour the mixture into the prepared pan and spread it evenly, making sure to press it down firmly. This will help the clusters hold their shape.
- Drizzle melted chocolate over the top of the mixture to add an extra touch of indulgence.
- Place the pan in the refrigerator and let it chill for about an hour or until the clusters become firm.
- Once firm, remove the pan from the refrigerator and slice the mixture into desired-sized clusters. These bars can be stored in the fridge for up to a month or in the freezer for up to six months.

