

## Protein Bars or Balls - Detox Friendly

2 cups Organic Almond Butter (16 oz)  
1 3/4 cups Brown Rice Syrup (14 oz)  
2 1/4 cups Protein powder (9 scoops)  
3 cups Gluten-free oats &/or Brown rice or flax cereal

Mix almond butter & brown rice syrup in microwavable bowl. Heat for 90 seconds. Mix well. Add Protein Powder and mix well. Add oatmeal (&/or cereal) and mix gently.

Roll into 48 balls or spread in 9x13 pan (wet your fingers first!) and cut into 48 squares.

Refrigerate 1 hour. Store in fridge.