My girlfriend Raya has the gift of cooking *and* baking.  Seriously, this girl can whip up dinners and baked goods without even referencing a recipe.    Lucky for us, she has created this unreal homemade protein bar and decided to share the recipe with everyone – this is easy to make, delicious, and it’s high in protein and healthy fats.  For those of you that like Daryl’s bars….try these!

**Ingredients:**

* ½ cup sunflower seeds
* 1 cup ground almonds
* ½ cup chia seeds
* ½ cup flaxseeds
* 1 cup oatmeal
* 1 cup protein powder   
  \*NOTE:  If you want to skip the protein powder you can do an additional cup of ground almonds
* ½ cup dried cranberries
* 1 tsp vanilla
* 1/3 cup honey
* ½ cup natural almond butter
* 3 egg whites
* Topping: Melted semi-sweet chocolate – 4-6 squares of Baker’s brand

**Directions:**

* Mix all the dry ingredients in a large bowl (You can ground the almonds beforehand no problem)
* Fluff egg whites
* Add in all of the wet ingredients into the dry, and mix together until all the ingredients are moist
* Press into a glass baking dish
* Cook at 350 degrees for 15 minutes
* Melt chocolate and spread over bars (you can omit this altogether if you want)
* Cool in fridge until chocolate is set
* Cut and store in fridge or freezer

These are delicious - Enjoy!  
Ashley & Raya