

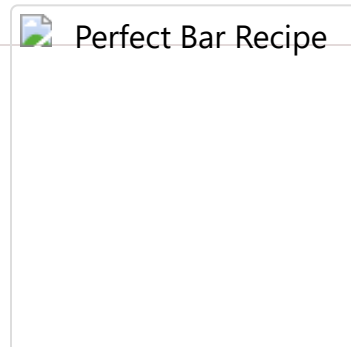
# Perfect Bar Recipe

Taylor Kiser | Food. Faith. Fitness.

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## Ingredients

- 1 1/4 cups Natural Peanut Butter, creamy variety
- 1/4 cup Honey, plus 4 teaspoons
- 3/4 cup Non-Fat Dry Milk Powder
- 1/2 cup Unflavored Powdered Egg Whites
- 3 tablespoons Coconut Oil, melted



## Directions

1. Line the bottom and sides of a loaf pan with parchment paper.
2. In a large bowl, using an electric hand mixer, beat together the peanut butter and honey until they thicken up.
3. Add in all the remaining ingredients and beat until they begin to mix. Then, use your hands until well mixed. The dough will be thick, a little bit sticky, and soft.
4. Press evenly into the prepared pan and refrigerate for at least 4 hours, or until firm.
5. Slice into bars and DEVOUR!

## Notes

- To make dairy free: Use only 1/4 Cup plus 2 teaspoons honey and sub the dry milk powder for SIFTED (very important) powdered coconut milk.
- I have also tried this by omitting all the milk powder and using all egg protein, if you want to make it suitable for a paleo diet, and it works great. It is slightly less sweet, but still very tasty!
- I recommend a no-stir variety of peanut butter. Swap in almond butter for paleo.
- Use refined coconut oil if you don't want a coconut taste.
- Depending on the temperature of your fridge, your bars may firm up more or less – you can always place them in the freezer if your fridge isn't cold enough.

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**Recipe Yields:** 6 bars

**Prep Time:** 10 minutes

**Total Time:** 250 minutes

**About Taylor**

Taylor keeps food, faith and fitness close to the heart on her blog of the same name. We're excited to have her as a Healthy Eating fanatic.

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