**Lemon Crunch Bars**

- 2 cups (16 oz) almond butter
- 1 ½ cups Agave Light
- 2 ½ cups Vanilla Arbonne Essentials Protein Shake mix
- 3 cups crisp brown rice cereal
- 1 ½t Lemon Oil
- 1 1/2c sliced almonds (divide : ½c in mixture and 1c for topping)

**Blonde Protein Bar Recipe**

- 1 16 oz. organic raw & unsalted almond butter (crunchy or creamy)
- 1 3/4 cup honey or agave nectar (can cut back on amount here to make less sweet)
- Vanilla Protein Powder (can mix chocolate and vanilla if desired)
- 3 cups dry uncooked oatmeal or rice cereal
- 2 Tb. Water

**Chocolate Protein Bars**

- 2 cups or 1 (16 oz.) jar natural peanut butter or almond butter
- 1½ cups honey
- 2¼ cup chocolate Arbonne Essentials Protein Shake mix (or mix chocolate and vanilla)
- 3 cups dry uncooked oatmeal (Quick Oats)

**Instructions to mix any of the above recipes:**

In a microwave-safe bowl, combine peanut/almond butter and agave nectar/honey, heat for 90 seconds, until it stirs easily.

Add protein powder and Mix thoroughly. Then, add oatmeal/brown rice cereal and mix thoroughly. It will be thick. Press into a 9"x16" pan.

Refrigerate 1 hour, or until solid enough to cut into bars.

Wrap each bar in foil or plastic wrap and store in refrigerator.

~ For extra fiber, use ¼ cup fiber shake and 2 cups of protein powder. ~ Enjoy!!!

**Arbonne protein powder is made without:**

- Artificial colors
- Artificial flavors
- Artificial sweeteners
- Animal products
- Animal by-products
- Cholesterol
- Saturated fats
- Trans fats