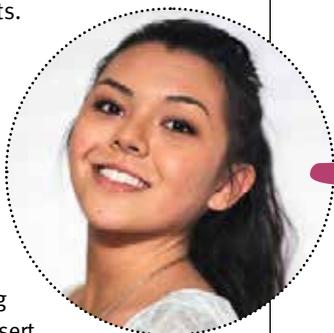


healthy indulgence

A PROTEIN-PACKED TREAT THAT'S AS KIND TO YOUR TASTE BUDS AS IT IS TO YOUR WAISTLINE? IT'S POSSIBLE, THANKS TO A SUPERSTAR SUPPLEMENT AND A SWEETS-SAVVY BLOGGER.

OUR GUEST FOOD BLOGGER:

Jessica Stier, the culinary genius behind DessertsWithBenefits.com, proves that nutritious food and amazing flavor can come together with incredible results—all without refined sugar, trans fats and artificial ingredients. “Dessert doesn’t have to mean empty calories or something sinful,” she says. “When dessert is healthy, we can eat it every day!”



OUR SUPERCHARGING SECRET INGREDIENT:

Made from high-quality soy protein, probiotic yogurt and enzyme-rich honey, Almased helps stoke the fires of your metabolism and provides the body with all of the essential nutrients and amino acids it needs to function at its optimal level. It also promotes a long-lasting sense of satiety as well as reduced cravings.



TOP TO BOTTOM: VANESSA STIER; JESSICA STIER



CHOCOLATE PEANUT BUTTER PROTEIN BARS

“These bars are fudgy, sweet and packed with peanut butter and chocolate flavor—you would never know you’re eating something good for you.”

FOR THE PROTEIN BARS:

- 1½ cups Almased
- ¼ cup unsweetened cocoa powder
- 1 cup unsweetened vanilla almond milk
- 1 teaspoon liquid stevia (alcohol-free)
- ½ cup natural peanut butter

FOR THE CHOCOLATE COATING:

- 6 ounces dark chocolate, cut into chunks
- 2 tablespoons coconut oil, melted

Line an 8x8-inch baking pan with parchment paper, leaving a 3-inch overhang for easy removal later on. Set aside.

Whisk together the Almased and cocoa powder in a large bowl. Use a rubber spatula to stir in the almond milk and stevia; the mixture should become thick like frosting. Fold in the peanut butter. Scoop the mixture into the prepared baking pan and gently push it to the edges of the pan.

Flatten the surface with the rubber spatula, cover the pan with plastic wrap and refrigerate for 4 hours.

Meanwhile, in a microwave-safe, shallow, rectangular dish, add the chopped dark chocolate. Microwave at 3-second intervals, stirring between each interval, until melted. Stir in the coconut oil.

Place a sheet of wax paper on a cookie sheet. Set aside. Remove the chilled Almased mixture from the pan, and slice into 10 bars. Dip them into the melted chocolate one at a time. Coat the bars entirely with chocolate before carefully removing them from the dish. Let the excess chocolate drip off, then place the bars on the wax paper. Refrigerate for 1 hour, and serve!

Bars will keep for up to 1 week when stored in a sealed container in the refrigerator. Makes 10 bars. *