

# Peanut Butter Power Bars

 Serves **6** |  Prep time **10 min** |  Cook time **No cooking needed**

 Symptom support **High Protein** | **Constipation**

## How this recipe supports cancer health

These bars give steady fuel without taxing digestion. Peanut butter offers protein and healthy fats that support strength and keep energy levels more stable. Oats bring soluble fiber that can help regulate digestion and support regular bowel movements. Chia or flax adds additional fiber and beneficial plant compounds that support gut health. A touch of honey or maple syrup gives quick energy without a heavy sugar load.

It's a simple, no bake option that can help with appetite changes, fatigue, and the need for easy, portable nourishment on tougher days.

## Ingredients

- 1 cup oats
- ½ cup peanut butter (or almond butter)
- ¼ cup honey or maple syrup
- 2 tbsp chia or flax seeds
- ¼ cup dark chocolate chips (optional)



## Instructions

1. Warm peanut butter and honey slightly until soft.
2. Mix in oats, seeds, and chocolate.
3. Press into a lined dish, chill 1 hour, cut into bars.

## Vegan Swap

Already vegan; use sunflower butter for nut-free.

## Nutrition Info (per serving)

Approx. 220 kcal | 10g protein | 4g fiber  
10g fat | Sodium free

## Notes