

PROTEIN BARS, RELOADED

FIG, BERRY & YOGURT BARS — PLUS A COTTAGE CHEESE EXPERIMENT

Oats, pumpkin seeds, dates, peanut butter, maple, honey, cinnamon, figs, and berries — no protein powder, no shortcuts. Every bar hits at least 10 grams of protein from real food and comes with a full macro count.

What's Different in This Batch

The first bar book proved the point: real food can hit a real protein number without powder. This one pushes on flavor — fig, cinnamon, and dried berries weren't in the original lineup — and adds two dairy-forward directions, Greek yogurt and cottage cheese, to do some of the protein work instead of leaning on peanut butter alone.

Two things worth stating plainly before you get to the recipes:

- Every bar in this book hits at least 10 grams of protein from whole food alone — peanut butter, pumpkin seeds, oats, egg whites, Greek yogurt, or cottage cheese. No milk powder was needed to get there this time, unlike a few of the higher-protein bars in the first book.
- The cottage cheese chapter is kept separate from the rest on purpose. It isn't a hidden ingredient tucked into a bar marketed as something else — it's its own chapter, with the texture trade-off stated up front, so you can test it before deciding whether it belongs in your rotation or a client's.

As before, the macro counts throughout are calculated from USDA reference values for each ingredient, not a lab panel — treat them as close estimates, consistent with the first book.

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Chapter 1: No-Bake Bars

No oven, no cook time — just a bowl, a pan, and the fridge or freezer to set them. These four lean on peanut butter and pumpkin seeds for most of their protein, with dates, figs, and dried berries doing the sweetening and flavor work instead of syrup alone.

Peanut Butter Pumpkin Seed Date Bars

The workhorse base for the whole book

SERVES 10 BARS • PREP 15 MIN • CHILL 1 HR

CALORIES	PROTEIN	CARBS	FAT	FIBER	SUGAR
263	11 g	19 g	18 g	3 g	10 g

INGREDIENTS

- 3/4 cup old-fashioned rolled oats
- 1 cup natural peanut butter (crunchy or smooth)
- 3/4 cup pumpkin seed kernels (pepitas)
- 1/3 cup pitted dates, chopped
- 2 tbsp honey
- 1 tsp cinnamon
- 1/2 tsp vanilla extract
- Pinch of sea salt

INSTRUCTIONS

1. Line an 8x8-inch pan with parchment paper, leaving overhang on two sides.
2. Warm the peanut butter and honey together in a small saucepan over low heat (or 30 seconds in the microwave) until loose and pourable.
3. In a large bowl, combine the oats, pumpkin seeds, chopped dates, cinnamon, and salt.
4. Pour the warm peanut butter mixture over the dry ingredients along with the vanilla, and stir until everything is evenly coated and starting to clump together.
5. Press firmly and evenly into the pan — really pack it down, since this is what keeps the bars from crumbling later.
6. Chill at least 1 hour, then lift out using the parchment overhang and cut into 10 bars.

Bench Note: Pressing hard here matters more than any single ingredient — a loosely packed bar will crumble the second you bite into it. Use the flat bottom of a measuring cup to really compact the mixture before it goes in the fridge.

Fig & Cinnamon No-Bake Bars

Chewy and warm-spiced, a little jammy from the figs

SERVES 10 BARS • PREP 15 MIN • CHILL 1 HR

CALORIES	PROTEIN	CARBS	FAT	FIBER	SUGAR
268	11 g	20 g	18 g	4 g	9 g

INGREDIENTS

- 3/4 cup old-fashioned rolled oats
- 1 cup natural peanut butter
- 3/4 cup dried figs, stems removed
- 3/4 cup pumpkin seed kernels
- 1 tbsp maple syrup
- 1 1/2 tsp cinnamon
- 1/2 tsp vanilla extract
- Pinch of sea salt

INSTRUCTIONS

1. Line an 8x8-inch pan with parchment paper, leaving overhang on two sides.
2. Pulse the dried figs in a food processor for a few seconds to break them into small, sticky pieces — whole dried figs are too tough to bite through once the bars are chilled.
3. Warm the peanut butter and maple syrup together until smooth and pourable.
4. In a large bowl, combine the oats, pumpkin seeds, chopped figs, cinnamon, and salt. Pour the warm peanut butter mixture and vanilla over the top and stir until evenly coated.
5. Press firmly into the pan, packing it down tightly.
6. Chill at least 1 hour, then lift out and cut into 10 bars.

Bench Note: Figs vary a lot in moisture depending on the brand — if yours feel very dry and hard, soak them in warm water for 10 minutes and pat dry before chopping, or the bars will turn out crumbly instead of chewy.

Mixed Berry Harvest Bars

Tart dried berries against sweet dates and toasted pepitas

SERVES 10 BARS • PREP 15 MIN • CHILL 1 HR

CALORIES	PROTEIN	CARBS	FAT	FIBER	SUGAR
269	11 g	20 g	18 g	4 g	11 g

INGREDIENTS

- 3/4 cup old-fashioned rolled oats
- 1 cup natural peanut butter
- 3/4 cup pumpkin seed kernels
- 1/4 cup pitted dates, chopped
- 1/3 cup dried berries (cherries, blueberries, or cranberries)
- 1 tbsp honey
- 1/2 tsp cinnamon
- Pinch of sea salt

INSTRUCTIONS

1. Toast the pumpkin seeds in a dry skillet over medium heat for 3-4 minutes, stirring often, until fragrant. Set aside to cool slightly.
2. Line an 8x8-inch pan with parchment paper, leaving overhang on two sides.
3. Warm the peanut butter and honey together until smooth and pourable.
4. In a large bowl, combine the oats, toasted pumpkin seeds, dates, dried berries, cinnamon, and salt. Pour the warm peanut butter mixture over the top and stir until evenly coated.
5. Press firmly into the pan, packing it down tightly.
6. Chill at least 1 hour, then lift out and cut into 10 bars.

Bench Note: *Toasting the pumpkin seeds first gives these real crunch against the chewy dried fruit — skip it and the seeds mostly disappear into the texture. If you can find berries with no added sugar, they'll cut the sweetness of the dates nicely.*

Frozen Greek Yogurt Protein Bark

Not technically a bar, but it cuts like one

SERVES 8 PIECES • PREP 10 MIN • FREEZE 4 HR

CALORIES	PROTEIN	CARBS	FAT	FIBER	SUGAR
120	10 g	11 g	4 g	1 g	10 g

INGREDIENTS

- 2 1/2 cups nonfat plain Greek yogurt
- 1/2 cup pumpkin seed kernels
- 3 tbsp honey
- 1/2 tsp vanilla extract
- 1/2 cup fresh or frozen mixed berries, chopped

INSTRUCTIONS

1. Line a 9x9-inch pan or baking sheet with parchment paper.
2. In a bowl, stir the Greek yogurt, honey, and vanilla together until smooth.
3. Spread the yogurt mixture evenly into the pan, about 1/2 inch thick.
4. Scatter the pumpkin seeds and chopped berries evenly over the top, pressing them in gently so they set into the yogurt instead of sitting loose on the surface.
5. Freeze uncovered at least 4 hours, or until completely solid.
6. Break or cut into 8 pieces with a warm knife. Keep frozen; let sit 5 minutes at room temperature before eating.

Bench Note: This is genuinely just yogurt, not a dessert dressed up as protein — the only thing keeping it interesting is what you scatter over the top before it freezes, so don't be shy with the berries and seeds.

Chapter 2: Baked Bars

These four go in the oven, which changes two things: the texture turns from fudgy to a proper chewy, granola-bar bite, and egg whites become useful. They're a whole food, not a processed add-in — pasteurized liquid egg white, nothing isolated — and they're what lets these bars hold together and hit their protein number without leaning any harder on peanut butter than the no-bake chapter already does.

Baked Peanut Butter Pumpkin Seed Bars

The oven version of the base bar

SERVES 10 BARS • PREP 10 MIN • BAKE 20 MIN

CALORIES	PROTEIN	CARBS	FAT	FIBER	SUGAR
258	12 g	16 g	18 g	3 g	8 g

INGREDIENTS

- 3/4 cup old-fashioned rolled oats
- 1 cup natural peanut butter
- 3/4 cup pumpkin seed kernels
- 3 tbsp honey
- 3 large egg whites
- 1 tsp cinnamon
- 1/2 tsp vanilla extract
- 1/4 tsp baking soda
- Pinch of sea salt

INSTRUCTIONS

1. Preheat the oven to 350°F. Line an 8x8-inch pan with parchment paper.
2. Whisk the egg whites in a bowl until slightly frothy, about 30 seconds.
3. Warm the peanut butter and honey together until smooth and pourable, then whisk into the egg whites along with the vanilla.
4. Fold in the oats, pumpkin seeds, cinnamon, baking soda, and salt until evenly combined.
5. Spread into the pan and press flat with a spatula.
6. Bake 18-20 minutes, until the edges are golden and the center is set (a light press shouldn't leave a dent).
7. Cool completely in the pan — at least 30 minutes — before lifting out and cutting into 10 bars.

Bench Note: Let these cool all the way before cutting. Warm egg-white bars look set but will crumble at the knife; fully cooled, they slice clean.

Fig Cinnamon Baked Oat Bars

Warm spice, jammy figs, a real granola-bar snap

SERVES 10 BARS • PREP 10 MIN • BAKE 22 MIN

CALORIES	PROTEIN	CARBS	FAT	FIBER	SUGAR
243	11 g	19 g	16 g	4 g	9 g

INGREDIENTS

- 3/4 cup old-fashioned rolled oats
- 3/4 cup dried figs, stems removed
- 1 cup natural peanut butter
- 4 large egg whites
- 1 tbsp maple syrup
- 1 1/2 tsp cinnamon
- 1/3 cup pumpkin seed kernels

INSTRUCTIONS

1. Preheat the oven to 350°F. Line an 8x8-inch pan with parchment paper.
2. Pulse the dried figs in a food processor into small, sticky pieces.
3. Whisk the egg whites until slightly frothy, then whisk in the peanut butter and maple syrup until smooth.
4. Fold in the oats, chopped figs, cinnamon, and pumpkin seeds until evenly combined.
5. Spread into the pan and press flat.
6. Bake 20-22 minutes, until golden at the edges and set in the center.
7. Cool completely before cutting into 10 bars.

Bench Note: Same note as the no-bake fig bars: pulse the figs first so you're not fighting whole sticky pieces once these are baked and firm.

Maple Berry Baked Granola Bars

The closest thing in this book to a store-bought granola bar

SERVES 10 BARS • PREP 10 MIN • BAKE 20 MIN

CALORIES	PROTEIN	CARBS	FAT	FIBER	SUGAR
256	11 g	20 g	17 g	3 g	10 g

INGREDIENTS

- 3/4 cup old-fashioned rolled oats
- 1/2 cup dried berries
- 1 cup natural peanut butter
- 1/2 cup pumpkin seed kernels
- 2 tbsp maple syrup
- 3 large egg whites
- 1/2 tsp cinnamon

INSTRUCTIONS

1. Preheat the oven to 350°F. Line an 8x8-inch pan with parchment paper.
2. Whisk the egg whites until slightly frothy, then whisk in the peanut butter and maple syrup until smooth.
3. Fold in the oats, dried berries, pumpkin seeds, and cinnamon until evenly combined.
4. Spread into the pan and press flat.
5. Bake 18-20 minutes, checking at the 16-minute mark, until golden at the edges.
6. Cool completely before cutting into 10 bars.

Bench Note: Maple syrup browns faster than honey in the oven — keep an eye on these after the 16-minute mark so the edges don't go from golden to dark.

Baked Greek Yogurt Swirl Bars

An oat-peanut butter crust under a baked yogurt custard layer

SERVES 9 BARS • PREP 15 MIN • BAKE 25 MIN

CALORIES	PROTEIN	CARBS	FAT	FIBER	SUGAR
178	11 g	15 g	9 g	2 g	7 g

INGREDIENTS

- 3/4 cup old-fashioned rolled oats
- 1/2 cup natural peanut butter
- 2 tbsp maple syrup
- 1 large egg white
- 1 1/2 cups nonfat plain Greek yogurt
- 2 large egg whites
- 1 tbsp honey
- 1/2 tsp vanilla extract
- 3 tbsp pumpkin seed kernels
- 1/2 tsp cinnamon

INSTRUCTIONS

1. Preheat the oven to 325°F — a lower temperature keeps the yogurt layer from splitting. Line an 8x8-inch pan with parchment paper.
2. Stir the oats, peanut butter, maple syrup, and 1 egg white together and press into the bottom of the pan as a firm, even crust.
3. Whisk the Greek yogurt, remaining 2 egg whites, honey, and vanilla until completely smooth.
4. Pour the yogurt mixture over the crust and smooth the top. Scatter the pumpkin seeds and cinnamon over the surface.
5. Bake 22-25 minutes, until the yogurt layer is just set and no longer jiggles in the center.
6. Cool completely, then refrigerate at least 1 hour before cutting into 9 bars — they slice much cleaner cold.

Bench Note: This bakes more like a custard bar than a granola bar — expect a soft, slightly wobbly-until-chilled top layer, not a chewy one. If that's not the texture you want, the no-bake yogurt bark in Chapter 1 is the better bet.

Chapter 3: Cottage Cheese Bars

This is the part worth being upfront about. Cottage cheese is a legitimate whole-food protein source — the same category as the Greek yogurt used earlier in this book — but its curd texture is the real variable, not the flavor. Blended completely smooth, it disappears into a batter; left under-blended, people either don't notice or can't get past it.

Both recipes below blend the cottage cheese fully smooth, and both are kept out of the main two chapters so you can decide separately whether the texture works for you, rather than finding it buried in a bar marketed as something else.

The baked version is the safer bet — heat firms up the batter and mutes the tang, so it reads more like a protein blondie than “cottage cheese in a bar.” The no-bake version is the real test: nothing hides the dairy tang or the slight cheesecake edge, so treat it as the one to sample before committing to a full batch for clients.

Baked Cottage Cheese Blondie Bars

The safer bet — baking mutes the tang

SERVES 10 BARS • PREP 15 MIN + BLENDING • BAKE 25 MIN

CALORIES	PROTEIN	CARBS	FAT	FIBER	SUGAR
209	12 g	15 g	12 g	2 g	7 g

INGREDIENTS

- 1 1/2 cups low-fat cottage cheese
- 3/4 cup old-fashioned rolled oats
- 3/4 cup natural peanut butter
- 1/3 cup maple syrup
- 3 large egg whites
- 1 tsp cinnamon
- 1/2 tsp vanilla extract
- 1/4 cup pumpkin seed kernels

INSTRUCTIONS

1. Preheat the oven to 350°F. Line an 8x8-inch pan with parchment paper.
2. Blend the cottage cheese in a blender or food processor for a full 60-90 seconds, scraping down the sides, until completely smooth with no visible curds. This step is what makes or breaks the texture — don't stop early.
3. Pulse the rolled oats separately into a coarse flour.
4. Blend or whisk the smooth cottage cheese with the peanut butter, maple syrup, egg whites, cinnamon, and vanilla until fully combined.
5. Fold in the oat flour and pumpkin seeds.
6. Pour into the pan and bake 23-25 minutes, until the top is golden and the center is set.
7. Cool completely — at least 30 minutes — before cutting into 10 bars. These are softer than the other baked bars, closer to a blondie than a granola bar.

Bench Note: Under-blending the cottage cheese is the single most common way this recipe goes wrong — even small curds survive baking and show up as an odd, rubbery bite. If your blender struggles to move it, add a tablespoon of water or yogurt and blend longer rather than giving up early.

No-Bake Cottage Cheese Cheesecake Bites

The real test — nothing here hides the dairy tang

SERVES 10 BARS • PREP 20 MIN + BLENDING • CHILL 4 HR

CALORIES	PROTEIN	CARBS	FAT	FIBER	SUGAR
197	10 g	21 g	9 g	2 g	13 g

INGREDIENTS

- 2 cups low-fat cottage cheese
- 1/4 cup honey
- 1/2 tsp vanilla extract
- 3/4 cup old-fashioned rolled oats
- 1/2 cup natural peanut butter
- 1/2 cup dried figs, chopped
- 3 tbsp pumpkin seed kernels

INSTRUCTIONS

1. Line an 8x8-inch pan with parchment paper.
2. Stir the oats and peanut butter together and press into a firm, even crust in the bottom of the pan.
3. Blend the cottage cheese in a blender for a full 1-2 minutes, stopping to scrape down the sides, until completely smooth — there should be no visible curds, and it should look closer to thick yogurt than cottage cheese.
4. Blend in the honey and vanilla.
5. Pour the cottage cheese mixture over the crust and smooth the top.
6. Scatter the chopped figs and pumpkin seeds over the surface, pressing gently so they set in rather than sitting loose.
7. Chill at least 4 hours, or until fully set. Cut into 10 bars with a warm, clean knife.

Bench Note: Chilled and under-blended, cottage cheese turns grainy in a way baking never lets happen — this is the recipe that will tell you fastest whether the texture works for you or your clients. If it's not landing, the baked blondie above is worth trying before writing off cottage cheese in this book altogether.

Storage & Shelf Life

No-Bake Bars

- Refrigerate in an airtight container up to 1 week.
- Freeze individually wrapped for up to 2 months. Thaw overnight in the fridge.

Baked Bars

- Refrigerate up to 5 days — the egg-white bars are more perishable than a dry, shelf-stable granola bar.
- Freeze individually wrapped for up to 6 weeks.

Frozen Greek Yogurt Bark

- Keep frozen and eat within 2 weeks for the best texture — it develops ice crystals the longer it sits.
- Let sit 5 minutes at room temperature before eating; it's too firm to bite straight from the freezer.

Cottage Cheese Bars

- Refrigerate only — 5 days for the baked blondie bars, 3-4 days for the no-bake bites, since their higher moisture content shortens the window.
- Not recommended for freezing; the cottage cheese texture suffers more than it already might for some people.

General Batch-Prep Tip

- Every recipe in this book doubles cleanly in a 9x13 pan — useful if you're prepping for the week or portioning out for clients.