

# Keto Maple Pecan Protein Bars

Hands-on 20 minutes Overall 2 hours



**Nutritional values (per bar):** Total carbs: 9.5 g, Fiber: 5.1 g, **Net carbs: 4.3 g**, Protein: 16 g,  
Fat: 28.7 g, Calories: 358 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

## Ingredients (makes 8 large bars)

### Bars:

- 1 cup [Coconut & Pecan Butter](#) (250 g/ 8.8 oz)
- 1/4 cup [powdered Erythritol](#) or [Swerve](#) (40 g/ 1.4 oz) or 2-4 tbsp [sugar-free maple flavored syrup](#) such as [Lakanto](#)
- 1 cup vanilla or plain whey protein or egg white protein powder such as [Jay Robb](#) or plant-based such as [NuZest](#) or [collagen powder](#) (100 g/ 3.5 oz)
- 1 tsp [sugar-free maple extract](#) (*skip if using sugar-free maple syrup*)
- 1/4 cup virgin [coconut oil](#) (55 g/ 1.9 oz)
- Optional:* 1 tsp [cinnamon](#) and 10-20 drops [Stevia extract](#)

### Chocolate coating:

- 1 bar [85-90% dark chocolate](#) (100 g/ 3.5 oz)
- 2 tbsp [cocoa butter](#) or virgin [coconut oil](#) (1 oz/ 28 g)

## Instructions

1. Prepare the [Coconut & Pecan Butter](#). Mix the prepared coconut & pecan butter with powdered Erythritol, protein powder.
2. Add virgin coconut oil.
3. Add maple extract, optionally stevia and cinnamon. Mix until well combined and place in the fridge for 30 minutes to firm up.
4. Meanwhile, melt the dark chocolate and cacao butter in a double boiler or a glass bowl on top of a small saucepan filled with a cup of water over a medium heat. Once completely melted, mix well and turn off the heat. Set aside to cool down before using it for coating.
5. Using your hands, create 8 bars and place on a tray lined with baking mat or parchment paper. Place in the fridge for 30-60 minutes or in the freezer for 15-20 minutes.
6. Use your hands, skewers or kitchen tongs to hold the bars so you can coat them in the cooled dark chocolate mixture from all sides.

7. Place back on the tray. Drizzle any remaining chocolate on top. Place in the fridge for 30-60 minutes before serving. Keep refrigerated, especially if you use coconut oil instead of cocoa butter (coconut oil melts at room temperature).

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