

# Vanilla Macadamia Keto Power Bars

Hands-on 20 minutes Overall 1 hour 30 minutes

**Nutritional values (per bar):** Total carbs: 7.5 g, Fiber: 4.5 g, **Net carbs: 3 g**, Protein: 12.2 g,  
Fat: 25.9 g, Calories: 317 kcal,

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



## Ingredients (makes 16 servings)

- 1 cup [macadamia nuts](#) (134 g/ 4.7 oz)
- 60 g [cacao butter](#) or virgin [coconut oil](#) (2.1 oz)
- 1 1/4 cups [almond butter](#), softened (300 g/ 10.6 oz)
- 1/4 cup cashew butter, softened (64 g/ 2.2 oz)
- 1 cup [collagen powder](#) (110 g/ 3.9 oz)
- 6 scoops [MCT oil powder](#) (60 g/ 2.1 oz)
- 1/3 cup [powdered Erythritol](#) or [Swerve](#) (53 g/ 1.9 oz)
- 1/4 cup [chia seeds](#) (38 g/ 1.3 oz)
- 1/4 cup [hemp seeds](#) (35 g/ 1.2 oz)
- 1 tsp [vanilla powder](#) or 2 tsp unsweetened [vanilla extract](#)

*Tip: you can even use my homemade roasted [Almond & Cashew Butter](#), [Macadamia & Brazil Nut Butter](#) or any other [nut & seed butter](#).*

## Instructions

1. Preheat the oven to 175 °C/ 350 °F. Place the macadamia nuts in a baking tray and transfer into the oven. Bake for 5 minutes, and then remove from the oven and place on a cooling rack.
2. Meanwhile, in a small sauce pan, melt the cacao butter. Add the almond butter and cashew butter and mix until smooth and well combined. Pour into a mixing bowl.
3. Measure out all of the remaining ingredients: MCT oil powder, collagen powder, powdered Erythritol, chia seeds, hemp seeds and vanilla powder.
4. Add them to the bowl with the melted cacao & nut butter. Mix until well combined.
5. Place the dough in a container (you can use a [silicone square baking dish like this one](#)). Flatten with a spatula and top with the roasted macadamia nuts. Transfer into the fridge for about an hour or until set.
6. Using a sharp knife or a pizza cutter, slice it into 16 bars. Keep refrigerated for up to 2 weeks or freeze for up to 3 months.

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