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She is also the author, photographer and recipe developer for the DIY Protein Bars cookbook, which was inspired by her blog. Jessica is a healthy dessert expert, with an interest and a strong scholarly background in the fields of Nutrition and Dietetics due to her schooling in university.

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10. Chocolate Peanut Butter Protein Bars. Made with six grams of protein per bar, these chocolatey, peanut buttery bites will put store-bought snacks to shame. If you donâ€™t own a food processor, you can purchase oat flour at most grocery stores.

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