

40+ Healthy Bar Recipes

Sugar-Free • Gluten-Free

Easy, delicious recipes perfect for enjoying or selling

Welcome

This ebook was created to support you on a path where healthy eating and flavor go hand in hand. Inside you'll find **40+ bar recipes with no added sugar and no gluten**, organized by category so you can make, customize and — if you want — sell them with confidence.

Every recipe is designed to be easy, quick and delicious. You don't need to be a chef or have a professional kitchen. You just need quality ingredients, the desire to create and this guide as your reference.

Use it at home for healthy snacks or turn it into your product catalog to earn extra income. The possibilities are yours!



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40+ Recipes

Tested and organized by module

100% Sugar-Free

Suitable sweeteners for every recipe

Gluten-Free

Certified ingredients in every recipe

Ready to Sell

Packaging, selling and storage guides



Why Healthy Bars?

Healthy bars are one of the most in-demand products in the mindful-eating market. In a world where time is short, people **want snacks that are convenient, nutritious and delicious at the** same time.

High demand

The healthy-snack market grows every year. Options with no added sugar and no gluten lead that growth, especially among active people, athletes and anyone watching what they eat.

A real opportunity

Making bars at home is low-cost with an attractive selling margin. They're easy to package, transport and present, making them an ideal product to start a business or earn extra income from your kitchen.

How to Use This Ebook

This guide is designed to be your everyday reference, whether you make bars for yourself or run a small business.



Browse by module

The recipes are organized into 5 themed modules. Pick the module that best fits your taste or your product line.



Follow each recipe's format

Every recipe includes ingredients, step-by-step directions and a practical tip. The format is always the same so it's easy to read.



Use the extra tips

At the end you'll find storage, presentation and selling guides that complement every recipe in the ebook.



Customize and experiment

Use the recipes as a base. Once you've mastered the basics, you can combine flavors, adjust amounts and create your own variations.

Most-Used Base Ingredients

Knowing your ingredients well is the first step to bars with consistent quality. These are the most used across the whole ebook:



Gluten-free oats

The structural base of most bars. Adds texture, fiber and keeps you full. Always use certified gluten-free oats.



Almond flour

A gluten-free option with a softer texture and a slightly sweet flavor. Ideal for brownie-style bars.



Unsweetened shredded coconut

Adds tropical flavor, texture and visual appeal.
Toast it for a more intense flavor.



Unsweetened cocoa powder

Essential for chocolate bars. Adds antioxidants, deep flavor and an irresistible color.



Nuts and seeds

Almonds, walnuts, peanuts, chia, sunflower and sesame seeds.
They add protein, healthy fat and crunch.



Natural nut butters

Almond, peanut or cashew. The perfect binder, adding creaminess, protein and flavor.

Sweeteners and Swaps

Recommended sweeteners

Erythritol

The most used in this ebook. Great for baking, doesn't raise blood sugar and has a very neutral taste. Easy to find at grocery stores and online.

Xylitol

Tastes like sugar, slightly cooling. Also good for baking. Use the same amount as erythritol (and keep it away from dogs).

Granulated stevia

A more concentrated option. If you use it, reduce the amount in the recipe. Ideal if you prefer a 100% plant-based product.

Golden rule

Whatever sweetener you choose, always make sure **it's suitable for cooking or baking. Some** liquid sweeteners can change the texture of the batter.

Also check the labels on all your ingredients: nut butters, protein powders, chocolate chips and plant milks must be **free of added sugar and gluten-free.**

When a recipe says "erythritol," you can swap in any suitable sweetener in an equivalent amount.

Basic Tools

You don't need specialized equipment. With these basic tools you can make every recipe in the ebook easily and with great results:



Medium and large bowls

For mixing dry and wet ingredients separately before combining them.



Rectangular pan

The ideal shape for even bars. Recommended size: 8×12 in (20×30 cm) or a 9×13 in pan.



Food processor or blender

Handy for grinding oats, chopping nuts or making denser mixtures for the no-bake recipes.



Silicone spatula

Ideal for mixing without wasting batter and spreading it evenly in the pan.



Parchment paper

Essential so the bars don't stick and lift out perfectly.



Sharp knife and cutting board

For clean, even cuts. Key to a great final presentation.

General Prep Tips

Batter texture

The mixture should be moist but compact. If it's too dry, add a tablespoon of plant milk. If it's too wet, add a little more oats or almond flour.

Perfect baking

Always bake at the stated temperature and don't open the oven before the minimum time. The bars should look golden at the edges and feel firm.

Cool before cutting

This is one of the most important steps. Always wait until the bars are completely cool before cutting. Otherwise, they'll crumble.

Clean cuts

Use a sharp knife and wipe it between cuts. For sharper cuts, chill the bars 30 more minutes after they cool to room temperature.

Best storage

Store the bars in an airtight container. Baked bars last up to 7 days in the fridge. No-bake bars should always be kept cold.

Tips for Better Presentation

A delicious bar should also look appetizing. These visual tips are the difference between a homemade product and a premium one ready to sell:



Toppings before baking

Add sliced almonds, shredded coconut, sesame seeds or cacao nibs on top of the batter before it goes in the oven.



Chocolate drizzle

A thin drizzle of melted sugar-free chocolate over cooled bars really boosts the look and perceived value.



Even cuts

Bars that are all the same size look professional. Use a ruler or guide to mark them before cutting.



Clean, attractive packaging

A cellophane bag, kraft twine or a custom label turns your bar into a product that looks ready to sell.

Presentation is part of the product. A well-presented bar justifies a higher price and builds more trust with buyers.

MODULE 1

Oat & Seed Bars

The most classic, comforting module. Oat bars are the foundation of any good healthy catalog: versatile, nutritious, easy to make and with a golden texture people love from the first bite.

Recipes 1 to 8

Coconut vanilla · Cocoa almond · Chia lemon · Peanut cinnamon · Toasted coconut sesame · Pumpkin spice · Sunflower cacao nib · Almond coffee



RECIPE 1 · MODULE 1

Oat, Coconut & Vanilla Bars

Soft, fragrant and perfect for starting the day with energy.

Ingredients

- 2 cups (180 g) certified gluten-free oats
- 1 cup (80 g) unsweetened shredded coconut
- 2 eggs
- ⅓ cup (85 g) almond butter
- 3 tbsp erythritol
- 1 tsp vanilla extract
- 2 tbsp plant milk
- 1 tsp baking powder

Directions

1. Mix the oats, coconut and baking powder in a large bowl.
2. Add the eggs, almond butter, vanilla, plant milk and erythritol.
3. Mix well until you get a moist, even batter.
4. Spread in a parchment-lined pan and bake at 180 °C (350 °F) for 22 to 25 minutes.
5. Let cool completely and cut into bars.

💡 **Tip:** For a softer texture, let the mixture rest 10 minutes before baking. The oats will soak up moisture and the result will be more tender.

RECIPE 2 · MODULE 1

Oat, Cocoa & Almond Bars

Intense, crunchy and with that chocolate flavor that never fails.

Ingredients

- 2 cups (180 g) gluten-free oats
- 2 tbsp unsweetened cocoa powder
- ½ cup (60 g) chopped almonds
- 2 eggs
- ⅓ cup (85 g) peanut butter
- 3 tbsp erythritol
- 1 tsp vanilla
- 3 tbsp plant milk

Directions

1. Mix the oats, cocoa and chopped almonds in a bowl.
2. Add the eggs, peanut butter, erythritol, vanilla and plant milk.
3. Transfer the mixture to a parchment-lined rectangular pan.
4. Bake at 180 °C (350 °F) for 20 to 24 minutes until the edges are firm.
5. Let cool completely before cutting into bars.

💡 **Tip:** Sprinkle a few sliced almonds on top before baking for a prettier, more gourmet finish.

RECIPE 3 · MODULE 1

Oat, Chia & Lemon Bars

Fresh, light and with a citrusy touch that wakes up your senses.

Ingredients

- 2 cups (180 g) gluten-free oats
- 2 tbsp chia seeds
- Zest of 2 lemons
- 2 eggs
- ¼ cup (55 g) melted coconut oil
- ⅓ cup (65 g) erythritol
- ¼ cup (60 g) plain unsweetened Greek yogurt
- 1 tsp vanilla

Directions

1. Mix the oats, chia and lemon zest in a bowl.
2. Add the eggs, coconut oil, Greek yogurt, vanilla and erythritol.
3. Mix until everything is evenly combined.
4. Pour into a medium pan and bake at 180 °C (350 °F) for 22 minutes.
5. Let cool completely and cut into portions.

💡 **Tip:** They're lovely with a little shredded coconut on top before baking. The golden coconut contrasts perfectly with the citrus aroma.

RECIPE 4 · MODULE 1

Oat, Peanut & Cinnamon Bars

Warm, fragrant and with a cinnamon hug that comforts any time of day.

Ingredients

- 2 cups (180 g) gluten-free oats
- ½ cup (70 g) chopped peanuts
- 1 tsp cinnamon
- 2 eggs
- ⅓ cup (85 g) peanut butter
- 3 tbsp erythritol
- ¼ cup (60 ml) plant milk
- 1 tsp baking powder

Directions

1. Combine the oats, chopped peanuts, cinnamon and baking powder in a bowl.
2. Add the eggs, peanut butter, plant milk and erythritol.
3. Mix into an even, compact batter.
4. Transfer to the lined pan and bake at 180 °C (350 °F) for 20 to 25 minutes.
5. Let cool completely before cutting.

💡 **Tip:** For a crunchier, more flavorful version, use roasted peanuts instead of raw. The difference in texture is huge.

RECIPE 5 · MODULE 1

Oat, Toasted Coconut & Sesame Bars

Golden outside, soft inside, with a finish that looks bakery-made.

Ingredients

- 2 cups (180 g) gluten-free oats
- ½ cup (40 g) toasted shredded coconut
- 2 tbsp sesame seeds
- 2 eggs
- ⅓ cup (85 g) almond butter
- 3 tbsp baking-friendly sweetener
- 1 tsp vanilla
- 2 tbsp plant milk

Directions

1. Mix the oats, toasted coconut and sesame seeds in a large bowl.
2. Add the eggs, almond butter, sweetener, vanilla and plant milk.
3. Mix well until smooth and spread in a lined pan.
4. Bake at 180 °C (350 °F) for 22 minutes, until the edges are golden.
5. Wait until it's completely cool to cut.

💡 **Tip:** Toasted coconut adds more flavor and a more gourmet look than raw coconut. Toast it in a dry skillet over medium heat for 2 to 3 minutes before using.

RECIPE 6 · MODULE 1

Pumpkin Spice Oat Bars

Moist, spiced and with that fall flavor that makes any day feel special.

Ingredients

- 2 cups (180 g) gluten-free oats
- ½ cup (120 g) pumpkin puree
- 2 eggs
- ¼ cup (55 g) coconut oil
- ⅓ cup (65 g) erythritol
- 1 tsp cinnamon
- ¼ tsp nutmeg
- 1 tsp baking powder

Directions

1. Mix the oats with the spices and baking powder in a bowl.
2. Add the pumpkin puree, eggs, coconut oil and erythritol.
3. Mix until smooth and lump-free.
4. Transfer to the lined pan and bake at 180 °C (350 °F) for 24 minutes.
5. Let cool completely and cut into bars.

💡 **Tip:** This recipe is a hit in the fall or for themed sales (think Thanksgiving). Pumpkin adds natural moisture that keeps them tender longer.

RECIPE 7 · MODULE 1

Oat, Sunflower & Cacao Nib Bars

Crunchy in every bite, with a touch of intense, natural cocoa.

Ingredients

- 2 cups (180 g) gluten-free oats
- ⅓ cup (45 g) sunflower seeds
- 2 tbsp cacao nibs
- 2 eggs
- ⅓ cup (85 g) peanut butter
- 3 tbsp erythritol
- 1 tsp vanilla
- 3 tbsp plant milk

Directions

1. Mix all the dry ingredients in a bowl: oats, sunflower seeds and cacao nibs.
2. Add the wet ingredients: eggs, peanut butter, vanilla, milk and erythritol.
3. Combine well and pour into the lined medium pan.
4. Bake at 180 °C (350 °F) for 20 to 23 minutes.
5. Let cool completely before removing from the pan.

💡 **Tip:** Cacao nibs improve the texture and add a more complex flavor without adding sugar. They raise the profile of any bar.

RECIPE 8 · MODULE 1

Oat, Almond & Coffee Bars

Sophisticated and energizing, with the classic coffee-almond pairing that never disappoints.

Ingredients

- 2 cups (180 g) gluten-free oats
- ½ cup (60 g) chopped almonds
- 1 tsp instant coffee
- 2 eggs
- ⅓ cup (85 g) almond butter
- 3 tbsp erythritol
- 1 tsp vanilla
- 2 tbsp plant milk

Directions

1. Mix the oats, chopped almonds and instant coffee in a bowl.
2. Add the eggs, almond butter, vanilla, milk and erythritol.
3. Combine well until you get a compact, fragrant batter.
4. Bake at 180 °C (350 °F) for 22 minutes.
5. Let cool completely and cut into bars.

💡 **Tip:** Ideal for a more "premium" or grown-up line. Add a few sliced almonds on top for an elegant finish.

MODULE 2

Protein Bars

The favorite module for anyone with an active lifestyle. These bars combine quality protein with irresistible flavors, making them the perfect snack before or after a workout, or any time you need a boost of energy and nutrition.

Recipes 9 to 16

Cocoa peanut · Vanilla coconut · Cinnamon walnut · Mocha · Creamy lemon · Hazelnut cocoa · Coconut almond · Peanut crunch



RECIPE 9 · MODULE 2

Cocoa Peanut Protein Bars

The power of chocolate and protein in one compact, filling bar.

Ingredients

- 1 cup (90 g) gluten-free oats
- ½ cup (48 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder
- ⅓ cup (85 g) peanut butter
- 2 eggs
- 3 tbsp erythritol
- ¼ cup (60 ml) plant milk

Directions

1. Mix the oats, almond flour, protein powder and cocoa in a bowl.
2. Add the eggs, peanut butter, plant milk and erythritol.
3. Mix well and spread the batter in a small lined pan.
4. Bake at 175 °C (350 °F) for 18 to 20 minutes.
5. Let cool completely before cutting.

💡 **Tip:** Don't overbake or they'll dry out. Protein powder tends to soak up moisture while baking, so take them out while they still feel slightly moist in the center.

RECIPE 10 · MODULE 2

Vanilla Coconut Protein Bars

Soft, fragrant and with that tropical combo that brightens any snack time.

Ingredients

- 1 cup (90 g) gluten-free oats
- ½ cup (50 g) vanilla protein powder
- ½ cup (40 g) unsweetened shredded coconut
- 2 eggs
- ⅓ cup (85 g) almond butter
- 3 tbsp erythritol
- 1 tsp vanilla
- ¼ cup (60 ml) plant milk

Directions

1. Mix the oats, protein powder and shredded coconut in a bowl.
2. Add the eggs, almond butter, vanilla, milk and sweetener.
3. Mix until thick and even.
4. Spread in a lined pan and bake at 175 °C (350 °F) for 18 to 22 minutes.
5. Let cool completely before cutting.

💡 **Tip:** Keep them in the fridge to preserve the texture and keep them fresh for up to 7 days.

RECIPE 11 · MODULE 2

Cinnamon Walnut Protein Bars

Comforting and nutritious, with the sweet aroma of cinnamon and the crunch of walnuts in every bite.

Ingredients

- 1 cup (90 g) gluten-free oats
- ½ cup (50 g) vanilla protein powder
- ½ cup (55 g) chopped walnuts
- 1 tsp cinnamon
- 2 eggs
- ¼ cup (60 g) unsweetened Greek yogurt
- 3 tbsp erythritol
- ¼ cup (60 ml) plant milk

Directions

1. Mix the oats, protein, chopped walnuts and cinnamon in a bowl.
2. Add the eggs, Greek yogurt, plant milk and erythritol.
3. Mix until everything is fully combined.
4. Bake at 175 °C (350 °F) for 20 minutes in a lined pan.
5. Let cool completely before cutting.

💡 **Tip:** Cut into small, even portions for a more elegant presentation. They're ideal for selling in packs of 2 or 3.

RECIPE 12 · MODULE 2

Mocha Protein Bars

For people who love coffee and chocolate equally: energy and flavor in perfect harmony.

Ingredients

- 1 cup (90 g) gluten-free oats
- ½ cup (50 g) chocolate protein powder
- 1 tsp instant coffee
- 2 tbsp unsweetened cocoa powder
- 2 eggs
- ⅓ cup (85 g) peanut butter
- 3 tbsp erythritol
- ¼ cup (60 ml) plant milk

Directions

1. Combine the oats, protein, instant coffee and cocoa in a bowl.
2. Add the eggs, peanut butter, milk and erythritol.
3. Mix very well until you get a thick, fragrant batter.
4. Bake at 175 °C (350 °F) for 18 to 20 minutes in a lined pan.
5. Let cool completely and cut into bars.

💡 **Tip:** Perfect to sell as an energy snack.
Their grown-up flavor makes them ideal for offices, gyms and health food stores.

RECIPE 13 · MODULE 2

Creamy Lemon Protein Bars

Fresh, creamy and with a citrusy touch that makes them completely irresistible.

Ingredients

- 1 cup (90 g) gluten-free oats
- ½ cup (50 g) vanilla protein powder
- Zest of 2 lemons
- 2 eggs
- ¼ cup (60 g) light cream cheese
- 3 tbsp erythritol
- 2 tbsp plant milk
- 1 tsp vanilla

Directions

1. Mix the oats, protein powder and lemon zest in a bowl.
2. Add the eggs, cream cheese, plant milk, vanilla and erythritol.
3. Mix well until the batter is even and slightly creamy.
4. Bake at 175 °C (350 °F) for 18 minutes in a small lined pan.
5. Let cool completely for the best texture before cutting.

💡 **Tip:** Decorate with fine shredded coconut sprinkled on top right before baking. The white contrast on the creamy base looks very appealing.

RECIPE 14 · MODULE 2

Hazelnut Cocoa Protein Bars

With the flavor of a chocolate hazelnut spread, but healthy, high-protein and guilt-free.

Ingredients

- 1 cup (90 g) gluten-free oats
- ½ cup (50 g) chocolate protein powder
- ⅓ cup (45 g) chopped hazelnuts
- 2 tbsp unsweetened cocoa powder
- 2 eggs
- ¼ cup (65 g) sugar-free hazelnut spread
- 3 tbsp erythritol
- ¼ cup (60 ml) plant milk

Directions

1. Mix the oats, protein, cocoa and chopped hazelnuts in a bowl.
2. Add the eggs, sugar-free hazelnut spread, milk and erythritol.
3. Mix until everything is fully combined.
4. Bake at 175 °C (350 °F) for 18 to 20 minutes in a lined pan.
5. Let cool completely before cutting into bars.

💡 **Tip:** They look great with a drizzle of melted sugar-free chocolate on top. That detail really boosts the product's visual value.

RECIPE 15 · MODULE 2

Coconut Almond Protein Bars

Tropical and high-protein: a light, nutritious combo that satisfies without weighing you down.

Ingredients

- 1 cup (90 g) gluten-free oats
- ½ cup (50 g) vanilla protein powder
- ½ cup (40 g) unsweetened shredded coconut
- ⅓ cup (40 g) chopped almonds
- 2 eggs
- ¼ cup (60 g) unsweetened Greek yogurt
- 3 tbsp erythritol
- 2 tbsp plant milk

Directions

1. Mix the oats, protein, shredded coconut and chopped almonds in a bowl.
2. Add the eggs, Greek yogurt, plant milk and erythritol.
3. Transfer the mixture to a lined pan and spread it evenly.
4. Bake at 175 °C (350 °F) for 20 minutes.
5. Let cool and cut into even bars.

💡 **Tip:** They're ideal for selling in packs of 2. Their mild flavor and balanced texture make them popular with all kinds of customers.

RECIPE 16 · MODULE 2

Peanut Crunch Protein Bars

With an irresistible peanut crunch in every bite, they're an explosion of texture and flavor.

Ingredients

- 1 cup (90 g) gluten-free oats
- ½ cup (50 g) vanilla or unflavored protein powder
- ½ cup (70 g) chopped roasted peanuts
- 2 eggs
- ⅓ cup (85 g) peanut butter
- 3 tbsp erythritol
- ¼ cup (60 ml) plant milk
- 1 tsp vanilla

Directions

1. Mix the oats, protein powder and chopped roasted peanuts in a bowl.
2. Add the eggs, peanut butter, plant milk, vanilla and erythritol.
3. Mix well and spread the batter evenly in the lined pan.
4. Bake at 175 °C (350 °F) for 18 to 20 minutes.
5. Let cool completely before cutting into bars.

💡 **Tip:** Use coarsely chopped peanuts for more crunch. The contrast between the soft base and crunchy peanuts is what makes this recipe special.

MODULE 3

Chocolate Bars

The most tempting module in the whole ebook. These bars prove chocolate can be completely healthy without sacrificing a single gram of pleasure. With pure cocoa, sugar-free chips and irresistible combinations, this module is usually the best seller of all.

Recipes 17 to 24

Triple chocolate · Chocolate coconut · Healthy brownie · Chocolate orange · Pecan · Vanilla-chocolate marble · Mint chocolate · Chocolate peanut



RECIPE 17 · MODULE 3

Healthy Triple Chocolate Bars

For chocolate lovers with no limits: a cocoa explosion at three levels of intensity.

Ingredients

- 1½ cups (135 g) gluten-free oats
- 2 tbsp unsweetened cocoa powder
- ⅓ cup (60 g) sugar-free chocolate chips
- 2 eggs
- ⅓ cup (85 g) peanut butter
- 3 tbsp erythritol
- 1 tsp vanilla
- ¼ cup (60 ml) plant milk

Directions

1. Mix the oats, cocoa powder and chocolate chips in a bowl.
2. Add the eggs, peanut butter, vanilla, plant milk and erythritol.
3. Mix everything well and spread the batter in the lined pan.
4. Bake at 180 °C (350 °F) for 20 minutes.
5. Let cool well so the chips set before cutting.

💡 **Tip:** They sell really well thanks to their rich, indulgent look. Press a few chips on top before baking so they show perfectly in the final result.

RECIPE 18 · MODULE 3

Chocolate Coconut Bars

A classic, irresistible pair: the intensity of cocoa with the tropical freshness of coconut.

Ingredients

- 1½ cups (135 g) gluten-free oats
- 2 tbsp unsweetened cocoa powder
- ½ cup (40 g) unsweetened shredded coconut
- 2 eggs
- ¼ cup (55 g) coconut oil
- 3 tbsp erythritol
- 1 tsp vanilla
- ¼ cup (60 ml) plant milk

Directions

1. Mix the oats, cocoa powder and shredded coconut in a large bowl.
2. Add the eggs, coconut oil, vanilla, plant milk and erythritol.
3. Spread the mixture in the parchment-lined pan.
4. Bake at 180 °C (350 °F) for 20 to 22 minutes.
5. Let cool completely and cut into bars.

💡 **Tip:** Sprinkle a little shredded coconut on top before baking. The white coconut on the dark base really improves the look.

RECIPE 19 · MODULE 3

Healthy Brownie-Style Bars

Dense, moist and with a brownie finish that makes no one believe they're healthy.

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground gluten-free oats
- 3 tbsp unsweetened cocoa powder
- 2 eggs
- ⅓ cup (85 g) almond butter
- ¼ cup (60 g) unsweetened Greek yogurt
- 4 tbsp erythritol
- ⅓ cup (60 g) sugar-free chocolate chips

Directions

1. Mix the almond flour, ground oats and cocoa in a bowl.
2. Add the eggs, almond butter, Greek yogurt and erythritol.
3. Gently fold in the chocolate chips.
4. Bake at 180 °C (350 °F) for 18 to 20 minutes in a lined pan.
5. Let cool completely before cutting into generous squares.

💡 **Tip:** Don't spread them too thin in the pan so they keep the moist, dense brownie effect that makes them so special.

RECIPE 20 · MODULE 3

Chocolate Orange Bars

A sophisticated combo that surprises: the bitterness of cocoa and the citrus freshness of orange.

Ingredients

- 1½ cups (135 g) gluten-free oats
- 2 tbsp unsweetened cocoa powder
- Zest of 1 orange
- 2 eggs
- ⅓ cup (85 g) almond butter
- 3 tbsp erythritol
- 1 tsp vanilla
- 3 tbsp plant milk

Directions

1. Combine the oats, cocoa powder and orange zest in a bowl.
2. Add the eggs, almond butter, vanilla, milk and erythritol.
3. Mix well until you get a smooth, fragrant batter.
4. Spread in a lined pan and bake at 180 °C (350 °F) for 20 minutes.
5. Let cool completely and cut into bars.

💡 **Tip:** Orange adds a sophisticated, different touch that really stands out in a catalog. Ideal to position as a premium flavor.

RECIPE 21 · MODULE 3

Chocolate Pecan Bars

Rich, crunchy and with the buttery flavor of pecans that makes every bar something special.

Ingredients

- 1½ cups (135 g) gluten-free oats
- 2 tbsp unsweetened cocoa powder
- ½ cup (55 g) chopped pecans
- 2 eggs
- ⅓ cup (85 g) peanut butter
- 3 tbsp erythritol
- ¼ cup (60 ml) plant milk
- 1 tsp vanilla

Directions

1. Mix the oats, cocoa and chopped pecans in a bowl.
2. Add the eggs, peanut butter, plant milk, vanilla and erythritol.
3. Mix everything very well until you get an even mixture.
4. Bake at 180 °C (350 °F) for 20 to 22 minutes in a lined pan.
5. Let cool completely and cut into bars.

💡 **Tip:** Pecans significantly raise the perceived value of the product. Place a few pecan halves on top before baking for a more premium look.

RECIPE 22 · MODULE 3

Vanilla Chocolate Marble Bars

Visually unique and delicious: the marble effect turns every bar into a little work of art.

Ingredients

- 1 cup (90 g) gluten-free oats
- ½ cup (48 g) almond flour
- 2 eggs
- ⅓ cup (80 g) unsweetened Greek yogurt
- 3 tbsp erythritol
- 1 tsp vanilla
- 1 tbsp unsweetened cocoa powder
- 2 tbsp plant milk

Directions

1. Mix the oats, almond flour, eggs, yogurt, milk, vanilla and erythritol.
2. Divide the mixture evenly between two bowls.
3. Add the cocoa powder to one of the two halves and mix well.
4. Spread both mixtures in the lined pan and swirl with a toothpick or knife for a marble effect.
5. Bake at 180 °C (350 °F) for 20 minutes. Cool and cut.

💡 **Tip:** This recipe looks beautiful sold individually in cellophane. Its look makes it a great gift or special-occasion snack.

RECIPE 23 · MODULE 3

Mint Chocolate Bars

Refreshing and elegant, with a vibrant contrast between dark cocoa and fresh mint.

Ingredients

- 1½ cups (135 g) gluten-free oats
- 2 tbsp unsweetened cocoa powder
- 2 eggs
- ⅓ cup (85 g) almond butter
- 3 tbsp erythritol
- ¼ cup (60 ml) plant milk
- 1 tsp vanilla
- 2 to 3 drops of food-grade peppermint extract

Directions

1. Mix the oats and cocoa powder in a large bowl.
2. Add the eggs, almond butter, milk, vanilla, peppermint extract and erythritol.
3. Mix well until you get an even, fragrant batter.
4. Spread in a lined pan and bake at 180 °C (350 °F) for 20 minutes.
5. Let cool completely before cutting into bars.

💡 **Tip:** Use just a little peppermint extract: 2 drops is enough for most people. Too much can be overpowering and take away from the chocolate.

RECIPE 24 · MODULE 3

Chocolate Peanut Bars

An unbeatable classic: the most-loved combination in the world of healthy snacks.

Ingredients

- 1½ cups (135 g) gluten-free oats
- 2 tbsp unsweetened cocoa powder
- ½ cup (70 g) chopped roasted peanuts
- 2 eggs
- ⅓ cup (85 g) peanut butter
- 3 tbsp erythritol
- ¼ cup (60 ml) plant milk
- 1 tsp vanilla

Directions

1. Mix the oats, cocoa powder and chopped roasted peanuts in a bowl.
2. Add the eggs, peanut butter, plant milk, vanilla and erythritol.
3. Mix everything very well until you get a compact, fragrant batter.
4. Bake at 180 °C (350 °F) for 20 to 22 minutes in a lined pan.
5. Let cool completely and cut into bars.

💡 **Tip:** It's one of the most popular options commercially. If you're going to sell bars, this recipe must be in your catalog. It's always the first to sell out.

MODULE 4

Nut & Seed Bars

The most artisan, premium module in the ebook. Nuts and seeds are the star ingredients of healthy eating: they bring good fats, plant protein, minerals and a crunchy texture that turns every bar into a complete sensory experience.

Recipes 25 to 32

Almond cinnamon · Peanut flaxseed · Pistachio coconut · Walnut cocoa · Tahini sesame · Cashew vanilla · Almond cacao nib · Spiced mixed nut



RECIPE 25 · MODULE 4

Almond Cinnamon Bars

Classic, nutritious and perfect for starting the day or a relaxing afternoon.

Ingredients

- 1 cup (96 g) almond flour
- 1 cup (90 g) gluten-free oats
- 1 tsp cinnamon
- 2 eggs
- ¼ cup (55 g) coconut oil
- 3 tbsp erythritol
- 1 tsp vanilla
- 2 tbsp plant milk

Directions

1. Mix the almond flour, oats and cinnamon in a large bowl.
2. Add the eggs, coconut oil, vanilla, plant milk and erythritol.
3. Mix well into an even, compact batter.
4. Spread in a lined pan and bake at 180 °C (350 °F) for 20 minutes.
5. Let cool completely and cut into bars.

💡 **Tip:** They work great as a breakfast or afternoon snack. Add sliced almonds on top for a more attractive look.

RECIPE 26 · MODULE 4

Peanut Flaxseed Bars

Filling and nutritious, with the omega-3 power of flaxseed in every bite.

Ingredients

- 1½ cups (135 g) gluten-free oats
- 2 tbsp ground flaxseed
- ½ cup (70 g) chopped peanuts
- 2 eggs
- ⅓ cup (85 g) peanut butter
- 3 tbsp erythritol
- ¼ cup (60 ml) plant milk
- 1 tsp vanilla

Directions

1. Mix the oats, ground flaxseed and chopped peanuts in a bowl.
2. Add the eggs, peanut butter, plant milk, vanilla and erythritol.
3. Mix all the ingredients well until you get a compact batter.
4. Transfer to the lined pan and bake at 180 °C (350 °F) for 20 to 22 minutes.
5. Let cool completely before cutting.

💡 **Tip:** Ground flaxseed improves the texture of the batter and makes it more filling. It's a nutritional selling point you can mention when you sell it.

RECIPE 27 · MODULE 4

Pistachio Coconut Bars

Elegant, exotic and with the vibrant green of pistachio that catches the eye in any display case.

Ingredients

- 1 cup (90 g) gluten-free oats
- ½ cup (48 g) almond flour
- ½ cup (60 g) chopped pistachios
- ⅓ cup (25 g) unsweetened shredded coconut
- 2 eggs
- ¼ cup (60 g) unsweetened Greek yogurt
- 3 tbsp erythritol
- 2 tbsp plant milk

Directions

1. Mix the oats, almond flour, chopped pistachios and shredded coconut in a bowl.
2. Add the eggs, Greek yogurt, plant milk and erythritol.
3. Mix well and pour the mixture into the lined pan.
4. Bake at 180 °C (350 °F) for 20 minutes, until the edges are golden.
5. Let cool completely and cut into bars.

💡 **Tip:** Pistachio gives a premium look that's great for selling. Press a few whole pistachios on top before baking to show off the unique green color.

RECIPE 28 · MODULE 4

Walnut Cocoa Bars

Rich in flavor, dense in nutrition and with an artisan finish that discerning buyers love.

Ingredients

- 1 cup (90 g) gluten-free oats
- 1 cup (96 g) almond flour
- 2 tbsp unsweetened cocoa powder
- ½ cup (55 g) chopped walnuts
- 2 eggs
- ¼ cup (55 g) coconut oil
- 3 tbsp erythritol
- 2 tbsp plant milk

Directions

1. Mix the oats, almond flour, cocoa and chopped walnuts in a bowl.
2. Add the eggs, coconut oil, plant milk and erythritol.
3. Mix until all the ingredients are well combined.
4. Bake at 180 °C (350 °F) for 18 to 20 minutes in a lined pan.
5. Let cool completely before cutting.

💡 **Tip:** Cut into small bars for a gourmet feel. The smaller size also allows a more attractive price per piece.

RECIPE 29 · MODULE 4

Tahini Sesame Bars

Unique, fragrant and with a personality that sets them apart from any other bar on the market.

Ingredients

- 1½ cups (135 g) gluten-free oats
- 2 tbsp sesame seeds
- ⅓ cup (80 g) tahini
- 2 eggs
- 3 tbsp erythritol
- 1 tsp vanilla
- ¼ cup (60 ml) plant milk
- 1 tsp cinnamon

Directions

1. Mix the oats, sesame seeds and cinnamon in a bowl.
2. Add the tahini, eggs, plant milk, vanilla and erythritol.
3. Combine everything into an even, compact mixture.
4. Bake at 180 °C (350 °F) for 20 to 22 minutes in a lined pan.
5. Let cool completely and cut into bars.

💡 **Tip:** A different recipe that's ideal for making your catalog stand out. Sprinkle black sesame on top for a striking finish.

RECIPE 30 · MODULE 4

Cashew Vanilla Bars

Soft, delicate and with the creamy flavor of cashews that makes them irresistible any time.

Ingredients

- 1 cup (90 g) gluten-free oats
- 1 cup (96 g) almond flour
- ½ cup (65 g) chopped cashews
- 2 eggs
- ¼ cup (65 g) cashew butter
- 3 tbsp erythritol
- 1 tsp vanilla
- 2 tbsp plant milk

Directions

1. Mix the oats, almond flour and chopped cashews in a large bowl.
2. Add the eggs, cashew butter, vanilla, milk and erythritol.
3. Mix well until smooth and slightly creamy.
4. Bake at 180 °C (350 °F) for 20 minutes in a lined pan.
5. Let cool completely before cutting into bars.

💡 **Tip:** Vanilla helps bring out the delicate, creamy flavor of cashews. Perfect for a catalog of mild, elegant flavors.

RECIPE 31 · MODULE 4

Almond Cacao Nib Bars

With the deep crunch of cacao nibs that turns every bite into a premium experience.

Ingredients

- 1 cup (90 g) gluten-free oats
- 1 cup (96 g) almond flour
- 2 tbsp cacao nibs
- 2 eggs
- ¼ cup (55 g) coconut oil
- 3 tbsp erythritol
- 1 tsp vanilla
- 2 tbsp plant milk

Directions

1. Mix the oats, almond flour and cacao nibs in a bowl.
2. Add the eggs, coconut oil, vanilla, plant milk and erythritol.
3. Mix everything well and pour into the lined pan.
4. Bake at 180 °C (350 °F) for 18 to 20 minutes.
5. Let cool completely and cut into bars.

💡 **Tip:** Cacao nibs add crunch and a more artisan look that the gourmet market loves. They're naturally free of added sugar.

RECIPE 32 · MODULE 4

Spiced Mixed Nut Bars

Complex, fragrant and full of character: the most artisan bar in the ebook.

Ingredients

- 1 cup (90 g) gluten-free oats
- ½ cup (60 g) chopped almonds
- ½ cup (55 g) chopped walnuts
- ¼ cup (35 g) sunflower seeds
- 1 tsp cinnamon
- ¼ tsp ground ginger
- 2 eggs
- ¼ cup (55 g) coconut oil
- 3 tbsp erythritol

Directions

1. Mix the oats, chopped nuts, sunflower seeds, cinnamon and ginger in a large bowl.
2. Add the eggs, coconut oil and erythritol.
3. Mix until everything is fully combined.
4. Bake at 180 °C (350 °F) for 20 to 22 minutes in a lined pan.
5. Let cool well and cut into bars.

💡 **Tip:** An excellent option for a more artisan or premium line. Ginger adds a warm, unexpected touch that surprises in the best way.



MODULE 5

No-Bake Bars

The most practical, accessible module of all. No oven, no baking: just mix, press, chill and enjoy. These bars are perfect for hot weather, kitchens without an oven or anyone who wants a quick, no-cook option with all the flavor and nutrition.

Recipes 33 to 40

Coconut cocoa · Crunchy peanut · Lemon coconut · Almond vanilla · Mocha · Sesame cinnamon · Hazelnut cocoa · Chocolate seed

RECIPE 33 · MODULE 5

No-Bake Coconut Cocoa Bars

No oven, no fuss: just pure ingredients that come together into something delicious.

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (40 g) unsweetened shredded coconut
- 2 tbsp unsweetened cocoa powder
- ⅓ cup (85 g) almond butter
- 2 tbsp melted coconut oil
- 3 tbsp powdered erythritol
- 2 tbsp cream cheese
- 1 tsp vanilla

Directions

1. Mix the almond flour, shredded coconut, cocoa and erythritol in a bowl.
2. Add the almond butter, melted coconut oil, cream cheese and vanilla.
3. Mix well until you get a moldable, compact dough.
4. Press evenly into a small lined pan and chill for at least 2 hours.
5. Cut into bars and serve cold.

💡 **Tip:** Always keep them refrigerated. They keep up to 7 days in an airtight container. Perfect for hot weather when baking isn't convenient.

RECIPE 34 · MODULE 5

No-Bake Crunchy Peanut Bars

Crunchy, creamy and full of peanut flavor in a bar that doesn't need an oven.

Ingredients

- 1 cup (90 g) ground gluten-free oats
- ½ cup (70 g) chopped peanuts
- ⅓ cup (85 g) peanut butter
- 2 tbsp coconut oil
- 3 tbsp powdered erythritol
- 2 tbsp cream cheese
- 1 tsp vanilla

Directions

1. Mix the ground oats with the chopped peanuts and powdered erythritol.
2. Add the peanut butter, cream cheese, coconut oil and vanilla.
3. Mix well until compact and moldable.
4. Transfer to a lined pan and press down firmly with a spatula.
5. Chill at least 2 hours, cut and serve cold.

💡 **Tip:** Top with a little melted sugar-free chocolate for a more attractive look and an extra flavor boost that makes them irresistible.

RECIPE 35 · MODULE 5

No-Bake Lemon Coconut Bars

Fresh, light and refreshing: perfect for summer heat or a different, elegant snack.

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (40 g) unsweetened shredded coconut
- Zest of 2 lemons
- ⅓ cup (80 g) cream cheese
- 2 tbsp coconut oil
- 3 tbsp powdered erythritol
- 1 tsp vanilla

Directions

1. Mix the almond flour, shredded coconut, lemon zest and powdered erythritol.
2. Add the cream cheese, coconut oil and vanilla.
3. Mix until you get an even, moldable dough.
4. Press the mixture evenly into the lined pan.
5. Chill at least 2 hours and cut into cold bars.

💡 **Tip:** A fresh, different bar, ideal for hot weather and as a summer option in your catalog. Sprinkle shredded coconut on top before chilling.

RECIPE 36 · MODULE 5

No-Bake Almond Vanilla Bars

Soft, fragrant and with that classic vanilla flavor that wins everyone over.

Ingredients

- 1½ cups (145 g) almond flour
- ⅓ cup (85 g) almond butter
- 2 tbsp coconut oil
- 3 tbsp powdered erythritol
- 2 tbsp cream cheese
- 1½ tsp vanilla
- 2 tbsp unsweetened shredded coconut

Directions

1. Mix the almond flour, shredded coconut and powdered erythritol in a bowl.
2. Add the almond butter, coconut oil, cream cheese and vanilla.
3. Mix well into a compact, fragrant dough.
4. Press evenly into a small lined pan.
5. Chill for 2 hours and cut into bars with a sharp knife.

💡 **Tip:** They look great topped with sliced almonds before chilling. The result is very elegant with a premium finish.

RECIPE 37 · MODULE 5

No-Bake Mocha Bars

Intense, grown-up and sophisticated, pairing coffee and chocolate in perfect harmony — no heat needed.

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (45 g) ground gluten-free oats
- 1 tbsp instant coffee
- 1 tbsp unsweetened cocoa powder
- ⅓ cup (85 g) peanut butter
- 2 tbsp coconut oil
- 3 tbsp powdered erythritol
- 2 tbsp cream cheese

Directions

1. Mix the almond flour, ground oats, instant coffee, cocoa and powdered erythritol.
2. Add the peanut butter, coconut oil and cream cheese.
3. Mix well until everything comes together in a compact dough.
4. Press the mixture evenly into the lined pan.
5. Chill for 2 hours and cut into bars.

💡 **Tip:** Ideal for a more grown-up line or for selling at offices and coffee shops. The flavor profile is sophisticated and stands out.

RECIPE 38 · MODULE 5

No-Bake Sesame Cinnamon Bars

Nutritious, spiced and with the goodness of sesame and tahini that makes them truly special.

Ingredients

- 1 cup (96 g) almond flour
- ¼ cup (35 g) sesame seeds
- ½ cup (45 g) ground gluten-free oats
- 1 tsp cinnamon
- ⅓ cup (80 g) tahini
- 2 tbsp coconut oil
- 3 tbsp erythritol
- 2 tbsp cream cheese

Directions

1. Mix the almond flour, ground oats, sesame seeds, cinnamon and erythritol.
2. Add the tahini, coconut oil and cream cheese.
3. Mix until you get a firm, smooth dough.
4. Press firmly into the lined pan so it's compact with no gaps.
5. Chill until very firm and cut into bars.

💡 **Tip:** Sprinkle a little toasted sesame on top before chilling for a better look. Black sesame gives a very elegant contrast.

RECIPE 39 · MODULE 5

No-Bake Hazelnut Cocoa Bars

With an irresistible gourmet profile that recalls the best chocolate bonbons, but completely healthy.

Ingredients

- 1 cup (96 g) almond flour
- ⅓ cup (45 g) chopped hazelnuts
- 2 tbsp unsweetened cocoa powder
- ¼ cup (65 g) sugar-free hazelnut spread
- 2 tbsp coconut oil
- 3 tbsp powdered erythritol
- 2 tbsp cream cheese
- 1 tsp vanilla

Directions

1. Mix the almond flour, chopped hazelnuts, cocoa and powdered erythritol in a bowl.
2. Add the sugar-free hazelnut spread, cream cheese, coconut oil and vanilla.
3. Mix well into an even, fragrant dough.
4. Press evenly into the lined pan.
5. Chill at least 2 hours before cutting into bars.

💡 **Tip:** It has a gourmet profile and really catches the eye. Decorate with half a hazelnut and a dusting of cocoa powder for a flawless finish.

RECIPE 40 · MODULE 5

No-Bake Chocolate Seed Bars

Complete, functional and packed with nutrition: the most complete snack bar in the ebook.

Ingredients

- 1 cup (90 g) ground gluten-free oats
- ½ cup (48 g) almond flour
- 2 tbsp unsweetened cocoa powder
- 2 tbsp chia seeds
- 2 tbsp sunflower seeds
- ⅓ cup (85 g) peanut butter
- 2 tbsp coconut oil
- 3 tbsp powdered erythritol
- 2 tbsp cream cheese

Directions

1. Mix the ground oats, almond flour, cocoa powder, chia and sunflower seeds.
2. Add the peanut butter, coconut oil, cream cheese and powdered erythritol.
3. Mix well until everything comes together into a firm dough.
4. Transfer to a small lined pan and press firmly with a spatula or your hands.
5. Chill for 2 hours, cut into bars and serve cold.

💡 **Tip:** A very complete option to sell as a functional snack. Highlight on the label: "With chia, no-bake, no added sugar and gluten-free" — those are very powerful selling points.

FAQ

Can I substitute ingredients?

Yes. Most ingredients are interchangeable within their category. You can swap one nut butter for another, or one suitable sweetener for an equivalent one. What matters is keeping the wet and dry proportions.

How do I store the bars best?

Baked bars keep in an airtight container in the fridge for up to 7 days. No-bake bars must always stay cold. In very hot weather, refrigerate every variety.

Can I freeze them?

Yes. Most bars freeze very well for up to 3 months.
Wrap each bar individually in plastic wrap before freezing and thaw in the fridge overnight.

What if they turn out too soft or too dry?

If they're too soft, chill them longer or reduce the liquid by 1 tablespoon next time. If they're too dry, add an extra tablespoon of yogurt or plant milk to the batter.

How do I get a better finish?

Always use parchment paper, cut with a sharp knife once they're completely cool, and add decorative toppings before baking or chilling. A drizzle of sugar-free chocolate really elevates the presentation.

Quick Storage Guide

Storing your bars well guarantees quality, flavor and food safety, whether for yourself or for selling.

Baked Bars

Room temperature

They can stay out of the fridge 2 to 3 days if it's cool (under 72 °F / 22 °C). Always in an airtight container.

Refrigerated

In an airtight container, they last 5 to 7 days with excellent texture and flavor. The most recommended option.

Frozen

Individually wrapped in plastic, they keep up to 3 months. Thaw in the fridge 8 hours before eating.

No-Bake Bars

Always cold

No-bake bars must be kept refrigerated at all times. They're not stable at room temperature.

Airtight container

Always use a container with a tight lid so they don't absorb fridge odors and keep their ideal texture.

Estimated time

They last 5 to 7 days well refrigerated. For selling, always label with the date made and the suggested best-by date.

Quick Guide to Packaging, Portions and Selling

A delicious, well-presented bar is worth twice as much. These practical tips will help you turn your bars into an attractive product that sells.



Selling single bars

Wrap each bar individually in cellophane, kraft paper or compostable bags. Add a label with the flavor name, date and the claims "No added sugar
· Gluten-free".



Packs of 2 or 3

Offer assorted-flavor packs with more elaborate presentation. Packs raise the order value and are perfect for gifts or weekly snacks.



Raise the perceived value

Clean, tidy packaging, well-designed labels and consistent presentation justify a higher price. Customers pay for the whole experience, not just the product.



Photos and promotion

Take photos in good natural light before packing. An appetizing image on social media can multiply your sales at no extra cost.

Final Thoughts and Motivation

You've reached the end of this ebook with 40+ recipes in your hands, but you're really at the **starting point of something extraordinary**. Every recipe here is an opportunity: to nourish your body, to surprise the people you love, or to build a real business from your kitchen.

What you have now

- 40+ recipes organized into 5 clear modules
- Knowledge of the basic ingredients, tools and techniques
- Storage, presentation and selling guides
- A real value proposition: no added sugar and gluten-free

Your next step

Pick a recipe that catches your eye, get the ingredients and make your first batch this week. Don't wait for the perfect moment. The perfect moment is today, with what you have, where you are.

Healthy bars are a product people look for, value **and happily pay for. You now have everything you need to get started.**

✨Remember: every great business started with one recipe done right. Yours starts today.

40+ Healthy Bar Recipes

Sugar-Free • Gluten-Free

Because eating well isn't a sacrifice — it's the most valuable gift you can give yourself and the people around you.

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5 Modules

Oat · Protein · Chocolate · Nut & Seed · No-Bake

40+ Recipes

Tested, organized and ready to make or sell

100% Natural

No added sugar · Gluten-free · Real ingredients

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