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About the Author. Jessica Stier is the author, photographer and recipe developer behind the DIY Protein Bars cookbook, which was inspired by her healthy dessert

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Feb 20, 2015 1 cup water 4 scoops protein 2 heaping spoons of peanut butter (146g) 100 grams dark chocolate 1 handful raisins (120g) 4 cups oatmeal.

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