

# PureWow

## 11 Best Plant-Based & Vegan Protein Bars, According to Our Taste Test



Few things are as satisfying as a tasty protein bar that keeps us (genuinely) full between meals. But let's be honest: With so many options that include animal products, like whey protein and milk, finding

a plant-based bar that isn't just candy in disguise can be a bit of a challenge. So, to save you some time—and the hassle of parsing dozens of brands—I tried some of the best vegan protein bars to keep you energized, from ALOHA to GoMacro.

So, how did I determine my scores? Here's a full run-down of what I factored in for the ideal protein-rich bar.

- **Value:** Is this bar affordable? (If not, is it worth the big price tag?)
- **Quality:** Are there solid nutrients aside from protein? Is it packed with highly-processed ingredients and harmful additives?
- **Texture:** Is it grainy and tooth-cracking hard, or is it just right?
- **Sugar content:** Does it have enough sugar to rival a mainstream candy bar? Is it significantly higher than the amount of protein?
- **Taste:** Does it taste like cardboard or is there depth of flavor? Does it leave an artificial aftertaste? It's worth noting that there are a select few that are plant-based, but not strictly vegan (all indicated

below), and not all of these brands were clear winners in my book. Still, each of them managed to meet at least one of my needs, whether it was curbing my sweet tooth or helping me to recover from a seriously intense workout. Keep reading to see my honest reviews of these plant-based bars.

### **3. GOMACRO**

- **Value:** 18/20
- **Quality:** 19/20
- **Texture:** 20/20
- **Flavor:** 20/20
- **Sugar content:** 17/20
- **Total:** 94/100

**Flavor:** Dark Chocolate Almond

**What's inside:** Organic brown rice syrup, organic almond butter, organic protein blend (organic sprouted brown rice protein, organic pea protein), organic almonds, organic puffed brown rice, organic chocolate chips (organic coconut sugar, organic

cocoa, organic cocoa butter), organic sunflower seed butter, organic cocoa powder, organic coconut sugar, organic natural flavor, sea salt

It's like eating an extra chewy brownie with finely chopped almond pieces, complete with rich dark chocolate. As someone who could always use a chocolate fix, I can honestly say that this brand hits the spot—minus the overbearing sweetness. At 280 calories each, these yummy treats include 10 grams of protein and 14 grams of sugar, so whether you're craving a sweet treat post-workout or need a quick pick-me-up during a busy workday, GoMacro has you covered. (Psst: Salted Caramel + Chocolate Chips and Mocha Chocolate Chip are equally delicious.)