

Protein heaven bars



3 medium sized bananas
50g crunchy peanut butter
(no added sugar)
2 medium sized eggs
1 egg white
40g porridge oats (use gluten free
oats if preferred)
20g ground almonds
30g flaxseed, whole or ground
50g chocolate flavour whey or
rice protein powder
30g organic raisins
20g dark chocolate (minimum
70% cocoa), finely chopped

MAKES 9 BARS

Top Tip:

Replace the banana with 200g
blueberries to reduce the carbs.

Preheat oven to 190°C/375°F.

Line a baking tray with baking paper.

In a large bowl, mash the bananas.
Add all of the other ingredients and mix
thoroughly. Pour the mixture onto the tray
and flatten with a spoon.

Bake in the oven for 15 minutes.

Allow to cool on a rack, then cut into
nine pieces.

*Store in an airtight container at room
temperature for up to 3 days.*



PER SERVING: with banana / blueberries
169 Calories / 160 Calories
13g Carbs / 11g Carbs
11g Protein / 11g Protein
8g Fat / 8g Fat