

Oat Peanut Butter Protein Bars

Visual Recipe
by DAREBEE
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3 cups - 10oz - 300g oat flakes
4 tbsps - 80g protein powder
4 tbsps - 80g peanut butter
4 tbsps - 80ml maple syrup
1 cup - 7oz - 200ml water

8 BARS

LEVEL UP! Add crushed walnuts and dried cranberries to the mix.

INSTRUCTIONS

1. Add water, maple syrup and peanut butter to a large saucepan. Whisk together until combined. Alternatively, whisk together in a saucepan over medium heat.

Note: if you are using a sweetened protein powder then use half the amount of maple syrup.

2. Add oat flakes and protein powder. Mix until combined.

3. Transfer the mix to a countertop lined with baking paper. Cover with another sheet of baking paper and press down with a plate or roll it out using a rolling pin.

4. Lift the top sheet of baking paper off and fold the mix, cover back up and roll again until you get a thick rectangle.

5. Wrap it up and place into the fridge to chill overnight or for a minimum of 4 hours.

6. The next day take it out and cut into bars.

