

Recipe

CHOC NUT PROTEIN BARS

Angelique CLARK
NUTRITION TO SOAR

 Serves 16

INGREDIENTS

200g Mayver's Smunchy Protein PNB & Super Seeds (or smooth PNB + ¼ cup chopped sunflower and pumpkin seeds)
100g pure maple syrup
50g walnuts, chopped
60g rolled oats
60g Gut + Protein powder
100g 70% dark chocolate
2 teaspoons (5ml) extra virgin olive oil

METHOD

1. In a bowl, combine the peanut butter, maple syrup and half the chopped walnuts.
2. Add in the protein powder, oats and mix well (use a food processor if it isn't binding).
3. Line a square baking tin with baking paper and press the mix firmly and evenly into it.
4. Melt the chocolate in the microwave and stir in the olive oil.
5. Pour the chocolate over the pressed mix and evenly spread.
6. Top with the remaining chopped walnuts and a pinch of flaky sea salt.
7. Refrigerate for ~1hr then slice into 16 squares.
8. Store in an airtight container for up to 4 days or freeze individually.



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NUTRITION INFO per serve 179 kcal 8.3g protein 10.9g fat 10.9g carb 2.8g fibre