

# 3 NUT BUTTER PROTEIN BARS

We all know how important it is to try and get the right amount of protein, particularly when we are training hard and don't want any of that precious muscle to be depleted! Well now you can make your own, really tasty protein bars to give you that boost after a hard session or as a handy snack on training days. These little pockets of energy boast 198 kcal, 21g Carbs, 9g Fat & 7g Protein (Based on 12 portions, 43g/per bar) Now that's what I call tasty fuel!! 😊

**Makes:** Approx. 12 - 16 bars

**Cooling Time:** 3 hours or overnight

**Hob Temp:** Low

**Store:** In the fridge

**Prep. Time:** 10-15 mins

**Best Eaten:** Within 7 days

**Equipment:** 9" Square Tin

## INGREDIENTS

70g	Rolled Oats (Ground)
35g	Rolled Oats
45g	Vanilla Protein Powder
35g	Rice Krispies
45g	Almond Butter
45g	Cashew Butter
45g	Peanut Butter
90g	Honey
1 Tbsp/14g	Golden Syrup
100g	Milk/Dark Chocolate Chips

## METHOD

- Place Almond Butter, Cashew Butter, Peanut Butter, Honey & Golden Syrup into a saucepan and begin warming over a low heat. Stir occasionally.
- Whilst those ingredients are melting down, measure out 70g of Oats and grind them into a flour.
- Place your Ground Oats, Oats, Vanilla Protein Powder & Rice Krispies in a bowl and mix.
- Make sure that the nut butters, honey and golden syrup are melted down and thoroughly mixed. Add these to the dry ingredients and stir until all ingredients are combined.
- Measure out half of your chocolate chips (50g) and melt in the microwave.
- Add this to your mixture.
- Lightly grease or use grease proof paper to line your tin in order to make it easier to get your protein bars out.
- Empty the mixture into your tin and press very firmly down. It is essential that you really pack the mixture down otherwise it won't hold together in the end.
- Melt the rest of the chocolate and drizzle over the top.
- Place in the fridge for 3 hours (or even better overnight).
- Take out, remove from tray and cut into 12-16 pieces. You are now good to go with a homemade protein bar 🍌

NOTE - If you want you can use 140g of just 1 Nut Butter instead 45g each of 3.