

Peanut Honey Protein Bars

Ingredients:

500g Jar crunchy peanut butter

375ml jar honey

2 cups chosen protein powder (I've made Vanilla and Chocolate ones before and the chocolate was HEAPS better)

2 cups raw oats

Method:

Melt peanut butter and honey for 1 min in microwave and stir together

Add in protein powder and oats once melted and mix all together.

Set in fridge. Keep in fridge till needed.

Makes 26 small square bars.

Nutritional Information:

220 cal

12g protein

19g carbs

11g fat

Uses: immediately after training when you can't have a meal straight away.

During training when sustenance is needed on a long ride or run.