

PROTEIN BARS

Ingredients

Makes 12 bars

50g peanut butter (or nut butter of your choice)

100g pitted dates

¼ cup hot water

3 eggs (lightly beaten)

1 ½ cups (150g) almond meal

100g skim milk powder

¼ cup (30g) cocoa powder (sifted)

½ cup (70g) sunflower seeds

50g honey

Method

Pre heat oven to 180°C (170°C fan assisted)

Line a 20 x 30cm baking tray with baking paper

Whizz nut butter, dates and hot water in mini food processor until a paste forms

Turn out mix into large mixing bowl and stir in eggs

Fold in almond meal, milk powder and cocoa powder

Add sunflower seeds and honey and mix until combined

Place mix in lined tray and smooth the surface

Bake in the centre of the pre-heated oven for about 20 minutes or until firm to the touch

Cool and cut into 12 bars. Eat in 1-2 days or wrap individually and freeze.

Each bar contains about:

10g protein and 15g carbohydrate and is 950kJ per serve.

Tip: Pack one in your bag with your other snacks to have after training



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