

# Nutty breakfast bars



**BODY SHAPE**  
PERFORMANCE

30g chopped dates, pre-soaked in hot water for 20 minutes to soften  
40g vanilla flavour whey or rice protein powder (optional)  
80g crunchy peanut or almond butter  
1 tbsp coconut oil  
40g porridge oats (use gluten free if preferred)  
1 tsp vanilla extract  
10g brazil nuts, almonds or cashews, chopped  
pinch of cinnamon  
60ml unsweetened almond milk or cold water

**MAKES 8 BARS**

Line a baking tray with greaseproof paper.

Place all of the ingredients except for the almond milk / cold water in a bowl and stir thoroughly to combine (or use a food processor if you have one).

Add the almond milk / water and stir / process again into a thick sticky dough.

Press the dough into the baking tray and place in the freezer for 30 minutes or more to set.

Slice into 8 bars.

*Refrigerate in an airtight container for up to 3 days or freeze for up to one month.*



PER BAR:  
123 Calories  
**8g Carbs**  
7g Protein  
**7g Fat**