

# Peanut butter & jam breakfast bars



**BODY SHAPE**  
PERFORMANCE

1 eating apple, peeled, cored, and cut into slices

70g oats (use gluten free if preferred)

60g crunchy peanut butter

pinch of sea salt (optional)

20g unsalted peanuts

20g raisins

10g mixed seeds

40g reduced sugar strawberry jam,  
or use fresh mashed strawberries

**SERVES 6**

Line the base of an 8x8" square tray with baking paper.

Place the apple slices in a small saucepan and add just enough boiling water to cover. Place over a medium heat and simmer for 4-5 minutes, until soft. Drain and allow to cool. Mash into a purée, removing all lumps. Transfer the apple to a large bowl and add the remaining ingredients (except for the jam / strawberries). Mix thoroughly to combine.

Spoon half of the mixture into the square tray and use the back of a spoon to spread the mixture quite finely. Spoon the jam over the top and spread finely to cover the base. Spoon the remaining mixture over the jam to cover completely.

Freeze for 20 minutes until firm then cut into 6 slices. Remove from freezer 5-10 minutes before serving.

*Store any leftovers in an airtight container and freeze for up to 2 weeks.*



**PER SERVING:**

**164 Calories**

**18g Carbs**

**5g Protein**

**8g Fat**

