

Blueberry & lime bars



DYNAMIX
HEALTH & FITNESS

100g ripe banana

2 eggs

45g maple syrup or honey

grated zest and juice of 2 small limes

75g peanut butter (or use nut butter of your choice)

40g Greek yoghurt (use dairy free if preferred)

30g vanilla flavour protein powder (optional)

200g oats (use gluten free if preferred)

¼ tsp baking powder

¼ tsp sea salt

150g fresh blueberries

MAKES 9 BARS

Preheat oven to 170°C/350°F. Line the base of a 15x15cm baking tin with baking paper.

Mash the banana in a bowl.

Add the eggs, maple syrup, lime zest and juice, peanut butter and yoghurt. Mix well until thoroughly combined.

Add the remaining ingredients and stir well. Pour the mixture into the tin and spread evenly to cover the base.

Bake for 30 minutes or until the centre is firm to the touch. Allow to cool in the tin, then cut into 9 bars.

Store any leftovers in an airtight container and refrigerate for up to 4 days or freeze on same day.



PER BAR:

187 Calories

22g Carbs

9g Protein

7g Fat

