

Peanut butter bakes



60g crunchy peanut butter
90g oats (use gluten free if preferred)
1 tsp stevia (or use natural sweetener of your choice)
1 tsp vanilla extract
60g ripe banana, mashed
¼ tsp sea salt
15g raisins
30g dark chocolate (minimum 70% cocoa), cut into small pieces

MAKES 6 BARS

Preheat oven to 150°C/300°F. Line an oven tray with greaseproof paper.

Place all ingredients in a bowl, except for the dark chocolate and mix well with a fork, until all lumps are removed.

Transfer the mixture onto the greaseproof paper. Using a spatula, shape the mixture into a neat rectangle, approximately 1cm thick. Bake for 15-20 minutes until golden.

Remove from oven and allow to cool. Refrigerate for 1 hour to firm up. Cut into 6 bars.

Store any leftovers in an airtight container and refrigerate for up to 3 days.



PER BAR:
108 Calories
15g Carbs
3g Protein
4g Fat