

CHOCOLATE OAT PROTEIN BARS

I'm always looking for ways to get more protein in to my diet whilst also keeping the cost down! I've been finding that buying protein bars has become increasingly expensive so thought I'd make my own. I think these make a perfect pre or post workout snack or a breakfast on the go with some milk and a piece of fruit.

This recipe requires you to chill the mixture for at least an hour to help prevent the mixture from becoming too crumbly. Feel free to leave this step out if you're short on time or not worried about the texture so much.

Servings 12 | Prep 10 minutes | Total time 1hour 30 minutes (incl chilling time)

250 calories | 18g Protein | 19g Carbs | 10g Fat

Ingredients

250g porridge oats

150g whey protein (I used chocolate as that's what I had in the house but vanilla or unflavoured would work too)

200g peanut butter

2 tbsp honey

150-200ml semi skimmed milk

Directions

1. Grease and line a baking tray with parchment paper.
2. Mix together the oats and whey protein.
3. Add in the peanut butter and half of the milk and mix well.
4. Add the honey and combine. At this point you can also add things like dried fruit, chocolate chips, nuts or seeds to the mixture if you wish.
5. Gradually add the rest of the milk but take not to make the mixture too wet. It should hold together if pressed down with a spoon.
6. Transfer the mixture to the baking tray, spreading it out evenly into the corners and pressing it down with the back of a spoon.
7. Leave in the fridge for an hour to chill.
8. Bake in a 180c/gas mark 4 oven for 15 minutes. Once cooked cut into 12 slice with a knife and leave to cool in the tray.

Tips

These can be stored in an airtight container for 3 days or frozen for a month.