

PB & J refuel bars

The perfect post-workout snack packed with carbs and protein to aid a swift recovery

Makes 12 bars

Ingredients:

6 Weetabix, crushed (100g)

100g oats

6 tbsp mixed seeds

1 tsp ground cinnamon

50g raisins

8 dates, chopped (50g)

75g crunchy peanut butter

2 bananas, roughly mashed

50g strawberries, chopped

Method:

1. Preheat an oven to 160°C. Lightly grease and line the base of an 18 x 25cm baking tin.
2. Place the Weetabix, oats, seeds, cinnamon and dried fruit into a large bowl and mix. Stir in the peanut butter and mashed banana. Finally, fold in the strawberries and mix until combined.
3. Tip the mixture into the tin and press down evenly. Bake for 25-30 minutes until starting to brown. Cool before cutting into bars.

Just add water®

Suzanne Anderegg RNutr



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