

Vanilla Protein Bars

Dry Ingredients

1 scoop vanilla protein powder

(Nature's Best Vanilla Whey Protein Powder
CODE: 354)

2 tablespoons mixed fruit

(Nature's Best Berries, Cherries and Raisins
CODE: 032)

1 tablespoon goji berries

(Nature's Best Goji Berries CODE: 034)

3/4 cup oats

1 teaspoon chia seeds

(Nature's Best Chia Seeds CODE: 036)

Wet Ingredients

1 teaspoon honey

1/4 cup oat milk

2 tablespoon coconut
oil, melted

Method

Preheat the oven 180°C

In a large clean bowl, mix all the dry ingredients together, making sure to distribute the dried fruits evenly

Add the wet ingredients to the dry ingredients and mix well

Leave to rest for 5 minutes, whilst you prepare the baking tin

Line a baking tin with baking parchment

Spread the mixture out evenly on the baking parchment and smooth out with damp spatula

Pre-score the mixture into the desired squares or bars

Bake for 10 minutes

