



# PEANUT BUTTER & BANANA PROTEIN BARS

## **Ingredients:**

3 ripe bananas, mashed  
125g peanut butter (100% natural)  
125g mixed nuts, chopped  
125g mixed seeds, chopped  
100g protein powder  
100g rolled oats  
50g cranberries  
50g currants

## **Method:**

Heat oven to 180 degrees.

Mix all ingredients well.

Press mixture into a lined baking tin.

Bake at 180 degrees for 20-25 minutes.

Leave to cool and cut into slices.

ENJOY!