

# Peanut Butter & Banana Protein Bars



3 ripe Bananas, mashed  
125g Peanut Butter (100% natural)  
125g chopped mixed Nuts  
125g chopped mixed Seeds  
100g Protein Powder  
100g Rolled Oats  
50g Cranberries  
50g Currants

Mix all ingredients well. Press mixture into a lined baking tin. Bake in the oven at 180 degrees for 20-25 minutes. Leave to cool and cut into slices. Enjoy!

