



BEC
BALDRY
WELLNESS

PEANUT BUTTER PROTEIN BARS

**MAKES 8
BARS**

INGREDIENTS

- 12 Medjool dates (pitted)
- 1½ cups gluten free oats
- ⅔ cup crunchy peanut butter
- ½ cup vanilla protein powder
- ⅓ cup nut milk
- 2 Tbsp pure maple syrup
- 2 Tbsp crushed peanuts

METHOD

1. In a small bowl, soak pitted dates in boiling water for at least 10 minutes. While you wait, prepare a square baking tin with baking paper
2. Drain water from dates and add the dates and oats to a food processor and blitz until dates have completely broken down and mixture becomes clumpy and sticky
3. Add remaining ingredients (except crushed peanuts) to the food processor and blitz until a smooth paste has formed
4. Transfer the mixture to the prepared baking tin and using a rubber/silicone spatula, press the mixture down to create an even layer, ensuring the mixture is touching all sides of the square baking tin. Sprinkle crushed peanuts on top of the mixture before finalising your compression step
5. To ensure your bars are compact and stay together, place another square of baking paper on top of the mixture and use the palm of your hand to press down firmly over each section. The goal is to make it as compressed and evenly flat as possible!
6. If you have an identically shaped baking tin, you can also use this to place on top of the mixture and press down on the tin to compress the bars
7. Leave the sheet of baking paper on top of the bar mixture and place in the fridge for at least 3-4 hours to set
8. Remove from the fridge and tip the compressed, square mixture out of the tin onto a chopping board. Slice into 8 even protein bars and enjoy! Store the remaining protein bars in the fridge!