**Flapjack recipe:**

**ingredients-**

2 scoopsWhey Protein Powder

3 tbsp natural Peanut Butter, Smooth

2 cups Oats- 260g

5 Egg Whites

3 Bananas, Medium (300g)

28g Honey

112g Skim Mil

1.5 tsp Cinnamon

**How to make:**

Preheat your oven to 350 degrees F.

Place the oats in a blender and blend until they reach a flour-like texture. Now place the oats in a mixing bowl and add in the cinnamon and whey. Next add in the peanut butter and mix thoroughly.

Mash your bananas and add them to this mixture, along with the honey and egg whites. Mix well. Finally, add the skim milk and mix again.

Pour batter into a 9x9 greased baking pan. You may also use a pan lined with grease proof paper.

Bake for 15 to 20 minutes, or until a toothpick comes out clean from the centre of the pan. Allow the bars to cool and then cut into 6 bars for high carb days. Cut them into 8 for medium carb days.

**Nutritional info based on 6 bars:**

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| --- | --- |
| calories | 375 |
| protein | 24g |
| carbs | 42g |
| fats | 8g |