

## GAINZ-MORE BARS

**Time: 20 minutes**

**Serves: 16**

### **Ingredients:**

670g Kaizen Naturals protein powder (chocolate or vanilla)  
220g large flake oats  
40g cocoa powder  
250g nut butter  
320g water  
80g honey

### **Preparation:**

Mix dry ingredients in a large bowl.

Place wet ingredients in a microwave safe container and warm in microwave. Stir together.

Pour wet ingredients over dry and stir. Knead like bread until everything is well combined and you can see a colour change from the protein powder becoming saturated.

Form into sixteen bars and refrigerate to set. Store refrigerated, ideally vacuum sealed.

### **Nutritional Information Per Serving:**

Calories: 330	<b>Hand-Size Portion Guide</b>
Fat: 9g	Palms of Protein: 2
Carbs: 22g	Fists of Vegetables: 0
Fibre: 1g	Cupped Hands of Carbs: 1
Protein: 41g	Thumbs of fat: 1