

Nut Butter Blondies

DFV

While these aren’t a breakfast-specific food per se, they’re a great ‘grab and go’ option after a workout or when you’re running late for work. Not only are they delicious, but they pack a good punch of high-quality protein and fats to keep you going.

Makes	20	Per serve (1 bar)
Prep time	5-10 minutes	Carbs 7.7 g
Cook time	15 minutes plus 35 minutes chilling	Protein 6.3 g
Difficulty	●●●	Fat 15.5 g
		Energy 187 Cal

- INGREDIENTS**
- 1 cup nut butter (almond, cashew or peanut – the best quality you can find)
 - 1-2 tbsp runny honey
 - 1 cup LSA (ground linseed, sunflower seed, almond)
 - ½ cup chopped or grated dark chocolate
 - 2 egg whites
 - ½ cup cashews, roughly chopped
 - ½ cup almonds, roughly chopped
 - 1 tsp chia seeds

METHOD

Pre-heat the oven to 180°C fan (200°C regular). Line a 20 cm x 20 cm baking tin with non-stick baking paper.

Place all the ingredients in a large bowl and mix until well combined. Pour the mixture into the prepared tin and press to flatten it.

Bake for 10-15 minutes, until lightly golden. Allow to cool for 5 minutes before transferring the whole tray to the fridge to chill for at least 30 minutes.

Cut into 20 bars to serve. They will keep in the fridge in a container with a tight-fitting lid for at least 2 weeks.

