

### **Protein bars (Sarina slice)**

*Courtesy of Sarina Tomchin (Owner of Cycology Cycle Clothing – check it out...)*

200 g dates

2 cups water

110 g rolled oats

130 g whey powder (skim milk powder)

110 g almonds (or something else – walnuts, cashews, dried cranberries, macadamias, whatever you like – it's a free world!)

1 egg, beaten

2 tbsp olive oil

1 tbsp vanilla essence

2 tbsp cocoa powder

Cook dates in water for 10 minutes

Puree date-water mixture.

Add mixture to mixing bowl containing all of the other ingredients. Mixture will be very runny.

Bake at 170-180 degrees C for 35-40 minutes in a slice tray lined with baking paper.

Once aired and cooled, cut into your favourite size and package away in the freezer till you need them (or eat fresh...).

