

THRIVE

Snickers Slice

Ingredients:

The base:

4 tablespoons smooth peanut butter

1/3 cup vanilla protein powder

1/3 cup almond meal

The top:

1/2 cup crunchy peanut butter

1/3 cup maple syrup

1/4 cup coconut oil, melted

1 teaspoon vanilla extract

Pinch of salt

1/2 cup dry roasted cashews, roughly cut

The chocolate:

80 grams dark chocolate, melted

Method:

Line a loaf tin with baking paper (overhanging the sides).

Place peanut butter, protein powder and almond meal in a bowl and mix to combine.

Use your hands to work the mixture into a dough and press this into your loaf tin.

Place the ingredients for the top layer in a bowl and mix to combine.

Pour the mixture evenly over the base and place into the freezer for one hour to set.

Remove from the freezer and pour over the melted chocolate and return to the freezer until set and then take out of the freezer and slice into bars.

PS: You can store these in the freezer.