

# Low FODMAP Peanut Butter Energy Bars

Serves: 12

Prep: 1 hour 10 minutes

Cook: No cooking required



Ingredients	Metric	Imperial
½ cup natural peanut butter (no added sugar or salt)	156 g	5.5 oz
½ cup maple syrup	175 g	6.2 oz
1 cup rolled oats, lightly toasted	95 g	3.4 oz
½ cup puffed brown rice		
½ cup quinoa flakes		
½ cup almonds, lightly toasted, chopped	65 g	2.3 oz
¼ cup dried cranberries, chopped	38 g	1.3 oz
¼ cup dried banana, chopped	20 g	0.7 oz
1 tbsp coconut flakes, lightly toasted	6 g	0.2 oz
1 tbsp chia seeds	14 g	0.5 oz
1 tbsp sunflower seeds	12 g	0.4 oz

## Method

1. Spray a 20cm x 20cm slice tray with cooking spray and line with baking paper, set aside.
2. In a small saucepan, heat peanut butter and maple syrup over low heat, stirring until well combined.
3. In a large bowl, combine dry ingredients. Pour peanut and maple syrup mixture over dry ingredients and stir until well combined.
4. Transfer mixture into prepared tray, pressing down with slightly wet hands to ensure mixture is flat and tightly packed together.
5. Refrigerate for at least 1 hour before gently removing from tray and slicing into bars.

## Hints

- Store bars in an airtight container in the fridge.
- To make bars nut free, replace peanut butter with sunflower seed butter and omit almonds.
- To make bars gluten free, substitute rolled oats for quinoa or millet flakes.

Nutrition Information (per serve)	
<b>Energy</b>	907 Kj / 217 cal
<b>Protein</b>	6.30g
<b>Carbohydrates</b>	19.50g
<b>Sugar</b>	5.60g
<b>Total Fat</b>	12.30g
<b>Saturated Fat</b>	2.30g
<b>Fibre</b>	3.60g