



Peanut butter bar

Perfect for post PARKSTRONG or
any strength workout



Peanut butter bar

Joe Wicks' (The Body Coach) recipe

130g pitted medjool dates
250g peanut butter
45g rolled oats
60g unsalted peanuts, roughly chopped
130g dark chocolate, melted

Makes 12-16 bars

High Carb (21g)

High Protein (7g)

Fridge/Freeze

- Soak the dates in warm water for 10-20 minutes, or until they start to soften.
- Meanwhile line a small baking tin with baking paper.
- Add the softened dates, peanut butter and oats into a blender or food processor and blitz until the mixture starts to come together. Stir in the peanuts then press the mixture into the baking tin to create an even layer. Chill in the fridge for approx 30 mins.
- Pour over the melted chocolate and spread to cover the mixture. Refrigerate for an hour or until fully set.
- Once set, remove from the tin and cut into equal-sized bars.





“Substituting salted for unsalted peanuts enhances the flavour and also rebalances electrolytes without the need for an electrolyte/hypertonic drink.

In most circumstances there is no need to buy electrolyte tablets, some squash and a pinch of salt work just as well and it’s often best to keep them for after exercise not during.”

Pro tip from Rebecca



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- Create personalised fuelling plans for training and race day
- Recover smarter to reach new goals

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