

FUEL

BULK

SHRED

RECOVER

REBUILD AND RECOVER RAPIDLY
TO STAY AHEAD OF THE GAME

THE WAY TO RECOVER

Musashi Recovery Muesli Bar



Nutritionals	Per serve
Energy	202Kcal/ 848kJ
Protein	6g
Carbohydrates	21g
Fat	9g

Ingredients (serves 12)

- 1 cup raw oats
- 1 cup rice bubbles
- Musashi Vanilla High Protein Powder
- 30g mixed seeds
- 30g sultanas
- ½ cup shredded coconut
- 40g cashew nuts
- 1/3 cup peanut butter
- 1/3 cup organic malt syrup
- 1 tsp coconut oil

Method

1. Place all dry ingredients (oats, rice bubbles, Musashi Protein Powder, seeds, sultanas, shredded coconut and cashew nuts) into a large mixing bowl.
2. Using a separate heat proof bowl melt the malt syrup, peanut butter and coconut oil together over a pan of boiling water.
3. Once melted gently mix the melted mixture through the dry mixture until fully combined.
4. Place the mixture evenly across a baking tray and level.
5. Place into the fridge for 30-minutes to set.
6. Cut into desired serving sizes.

Tip: This recipe can be made in advance and stored in the fridge for snacks for up to 5 days.