

## WHAT IS IT SUITABLE FOR

Suitable for intake during training providing the energy necessary to maintain optimal performance.

## INGREDIENTS: 10 BARS

Oatmeal  
Plantain  
Crispy muesli  
Honey  
Salt  
Cinnamon

## QUANTITY/UNIT

250 gr.  
3 unid.  
150 gr.  
150 gr.  
6 gr.  
To your liking.



## ELABORATION

In a container we will introduce the 3 peeled bananas to mash them with the help of a fork. Then we add the rest of the ingredients and mix them while we preheat the oven to 150°. Next, we place the mixture in a mold that we will put in the oven for 30-40 min. After this time we take it out and let it cool so as not to burn ourselves when we take it out of the mold. We only have to cut the portions and enjoy the result.