



Fuel Your Workout

To motor through a tough sweat session, you need a combo of carbs for energy, plus fat and protein for staying power. These snacks have it all.

Peanut Butter, Blueberry & Oat Energy Squares

ACTIVE: 10 min **TOTAL:** 1 hr 10 min
TO MAKE AHEAD: Store airtight at room temperature for up to 3 days or refrigerate for up to 1 week. **EQUIPMENT:** Parchment paper

- 1 cup creamy natural peanut butter
- ½ cup pure maple syrup
- 2 cups rolled oats, toasted
- ½ cup dried blueberries
- ½ cup chopped pistachios
- ½ teaspoon salt

1. Line an 8-inch-square baking pan with parchment paper, leaving extra hanging over two sides. Lightly coat the parchment with cooking spray.
2. Mix peanut butter and maple syrup in a large bowl. Stir in oats, blueberries, pistachios and salt. Spread the mixture firmly and evenly into the prepared pan. Refrigerate until cold, about 1 hour. Cut into 16 squares.

SERVES 16: 1 square each
CAL 206 / **FAT** 11G (SAT 2G) / **CHOL** 0MG / **CARBS** 22G / **TOTAL SUGARS** 10G (ADDED 9G) / **PROTEIN** 6G / **FIBER** 3G / **SODIUM** 127MG / **POTASSIUM** 108MG. 🍏

ON THE GO

BLAINE MOATS: STYLING; CHARLIE WORTHINGTON (FOOD); SUE MITCHELL (PROPS); ILLUSTRATIONS BY EMMA DIBBEN