

HOMEMADE ENERGY BARS

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If you are tired of eating yet another highly-processed engineered food, give these prize-winning energy bars a chance. They're easy to make, less expensive than commercial energy bars (only 25 cents per bar, or \$4 for the entire recipe), and they taste yummy.

1/2 c. salted dry-roasted peanuts
1/2 cup raisins, craisins or other dried fruit
1/2 c roasted sunflower seed kernels
2 cups raw oatmeal, quick or old fashioned
2 cups toasted rice cereal, such as Rice Crispies
1/2 cup peanut butter, crunchy or creamy (used natural)
1/2 cup packed brown sugar (used 1/4 c brown sugar; 1/4 c Splenda)
1/2 cup light corn syrup
1 teaspoon vanilla

(used 2-3 egg whites to bind it all together, and baked for 15-20 mins at 350F – found that it wasn't sticking well. Also added protein powder to increase protein content)

1. In a large bowl, mix together the peanuts, raisins, sunflower seed kernels, oatmeal and toasted rice cereal. Set aside.
2. In a medium microwavable bowl, combine the peanut butter, brown sugar, and corn syrup. Microwave on high for 2 minutes. Add vanilla and stir until blended.
3. Pour the peanut butter mixture over the dry ingredients and stir until coated.
4. Spoon it into an oiled 9" x 13" pan. Press down firmly. (It helps to coat your fingers with margarine, oil or cooking spray.)
5. Let stand for an hour to harden, then cut into 16 bars.

Calories per bar: 225
30 grams Carbohydrate
6 grams Protein
9 grams Fat

Recipe courtesy of the National Peanut Board: www.nationalpeanutboard.com

HOMEMADE ENERGY BAR RECIPE

This homemade energy bar recipe is chock-full of goodies and will sustain even the most exhausted peddler through the trip home. Wrap them individually and make extras for tucking into school backpacks.

Ingredients:

1 egg
1/2 cup brown sugar
1 tsp. vanilla extract
1 cup granola
1/2 cup raisins (or any chopped dried fruit)
1/2 cup chopped hazelnuts (or your favorite nut)
1 1.69-oz. pkg. M&M's chocolate candies (or you can substitute carob chips)

Directions:

Preheat the oven to 350 degrees. Generously butter or oil an 8- x 8-inch square pan (preferably nonstick). Crack the egg into a medium-sized bowl. Add the sugar and vanilla extract and mix thoroughly. Stir in the granola, raisins, hazelnuts and M&M's and mix until combined. The M&M's can be replaced with carob chips, which will cut down on the sugar content.

Transfer to the pan and distribute evenly over the bottom, pressing firmly with your hands. Bake for 25 minutes. Cool and cut into bars or squares. Serves 8 to 12.

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The trick here is to let the homemade energy bar cool! Getting those "hungry peddlers" in your home to wait long enough might be a chore! Your chances are better if these are made when they're not around, but only if you can resist the temptation yourself.

Homemade Energy Bars Recipe #2

Ingredients:

2 c. uncooked Quaker Multi-Grain cereal (used 12-grain Bulk Barn cereal)
1/2 c. raisins
1/2 c. snipped (1/2-inch pieces) pitted prunes
1/2c. coarsely chopped (unblanched) almonds
1/4cup unsalted sunflower seeds
3/4 c. flour (used whole wheat flour)
1 tsp. cinnamon
1 tsp. b. soda
1/4 tsp. salt
1/2 c. vegetable oil (used 1/16 cup olive oil)
1/2 c. brown sugar
large egg
1 cup unsweetened applesauce (added a bit more here to make up for reduced oil)
2 tsp. vanilla
(added protein powder)

Directions: Preheat oven to 350. Lightly grease a 9x13-inch baking pan. In a large bowl, combine the cereal, raisins, prunes, almonds, sunflower seeds, flour, cinnamon, baking soda and salt. In another bowl, whisk the vegetable oil, brown sugar and egg until blended. Stir in the applesauce and vanilla. Add the dry ingredients, stirring just until blended. Spread the batter in the pan and bake for 35 to 40 minutes or until golden brown. Cool until lukewarm on a wire rack before cutting into bars. About 24 bars.

Energy Bars- Unbaked Recipe

By: American Running Association Running and Fitness

1 cup rolled oats
1/2 cup wheat germ
1/2 cup oat bran
1/2 cup vanilla protein powder
1 cup crunchy peanut butter
1 cup raisins or dried fruit and chopped
1 cup chocolate chips
1 cup light Karo syrup
Mix it all well. Freeze in bar shapes.

Granola Nut Protein Bar Recipe

Ingredients:

2-1/2 cups natural peanut butter
2 cups honey
2-1/4 cups protein powder
3 cups uncooked oatmeal >li>1/2 cup chopped walnuts
1/2 cup raisins
1/4 cup wheat bran

Preparation: In a double boiler, warm the peanut butter and honey to a smooth consistency. This step can be done in the microwave as well--just heat both ingredients for 70 to 90 seconds. In a mixing bowl, stir together all remaining dry ingredients. Pour in the peanut-butter mixture and stir until completely combined. Spread uniformly into a brownie pan. Slice into 12 to 16 pieces, then wrap each piece in plastic wrap.

Each Granola Nut Protein Bar costs 25 to 35 cents to make, as opposed to 99 cents and up for store-bought energy bars. On top of that, if you do use organic ingredients, you won't believe the difference!

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Nutritional information:

200 calories per bar 9 grams fat 3 to 4 grams fiber 15 grams protein 26 grams carbohydrates

These bars are definitely not low-fat (they have four times as much fat as a PowerBar), so you may want to reserve them for when you're working out hard.

Cereal bars recipe

2 tablespoons butter, softened

1/2 cup sugar

1 large egg

3/4 cup all-purpose flour 3/4 cup whole-wheat flour

1/8 teaspoons baking powder

3/4 cup Grape Nuts

Preheat oven to 400. Set aside 2 tablespoons Grape Nuts. In bowl, blend all ingredients. Roll dough into 2" by 1/2" balls. Press into rectangular bars. Coat bars with remaining Grape Nuts and place on nonstick cookie sheet. Bake 15 minutes or until slightly brown. Cool completely before eating. Store in airtight container for up to a week. Makes 18 bars.

Alan's note: This is a good recipe for you to substitute honey for sugar, whole wheat and organic white flour, even the butter can be organic. The Grape Nuts ...well, how can you improve on Grape Nuts?

Nutritional info per bar: 90 calories; 17g carbohydrates; 2g fat; 2g protein These bars are lower in calories than many commercial sports bars but they provide a similar ratio of carbohydrates, protein, and fat.

Compliments of Susan Kleiner

Home-Style Bike Snack Bar Recipe

JoJo's modification of George's Bar

1/4 cup butter, melted, or oil

4 large eggs; beaten

1 cup flour

1/2 teaspoon baking powder

1/2 cup nonfat milk powder

3/4 cup rolled oats

1 teaspoon salt

1 3/4 cup sugar or brown sugar

2 cups chopped raisins or dried fruit

2 1/2 cups walnuts; chopped

3/4 cup chocolate chips (optional)

Preheat oven to 350 degrees. Grease a 9x13 pan. Beat together eggs and oil, sift together dry ingredients except fruit. Add flour to eggs, combine, then stir in fruit, nuts, and chips. Spread evenly in pan, bake 30 minutes, they are still soft when done. Cool, cut into 24 pieces, wrap in foil and freeze.

Alan's note: Again, in this recipe you can try olive oil, raw sugar or honey, free roaming chicken eggs, organic flour, organic nuts, they're all available.

George's Energy Bar- Fruit-filled Recipe (this is yummy!)

1 cup raisins

1 cup dried blueberries

2 cups chopped dates 2 cups chopped dried apples

2 cups chopped dried apricots

2 cups chopped dried prunes

8 oz almond or peanut butter

1/2 cup sunflower seeds

8 cups rolled oats

12 oz pancake mix (complete)(3 cups)

16 oz honey

(Added 2-3 egg whites to bind + protein powder)

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Preheat oven to 375 degrees. Grease a large cookie sheet. Knead together all the fruit and the nut butter. Knead in sunflower seeds, rolled oats, and pancake mix. Add honey and knead until blended. Press out onto tin 3/8 to 1/2 inch thick and as even as possible. Using a table knife, press the bar lines into the sheet. Bake about 20 minutes until top is light brown. Freeze very well if individually wrapped and then put in a Ziploc. Ellen notes: boost the protein with 1-2 cups of vanilla protein powder or dried milk.

Bill Patterson's Chocolate-dipped Deluxe Overnight No-Bake Power Bar Recipe

1 cup rolled oats
1/2 cup sesame seeds, toasted and ground
1/2 cup dried apricots; chopped fine
1/2 cup raisins; chopped fine
1 cup shredded unsweetened dried coconut
1 cup almonds; blanched, chopped or slivered
1/2 cup nonfat dried milk powder
1/2 cup toasted wheat germ
2 teaspoon butter or margarine
1 cup white corn syrup or 3/4 cup honey
3/4 cup sugar
1/4 cup chunky peanut butter
1 teaspoon orange or lemon extract
2 teaspoon grated orange or lemon peel
12 oz chocolate chips; 2 cups
4 oz paraffin, food grade or 3/4 cup butter

Toast the sesame seeds in a frying pan for about 7 minutes, until golden, Ellen's note- then grind coarsely.

Toast the oats in a 300 degree oven in a 10 inch by 15 inch baking pan for 25 minutes, stirring to prevent scorching. Mix the seeds, apricots, raisins, coconut, almonds, dry milk, and wheat germ; mix well. Mix hot oats into dried fruit mixture. Butter the hot baking pan; set aside. In the frying pan, combine corn syrup or honey and sugar; bring to a rolling boil over medium high heat and quickly stir in the peanut butter, orange extract, and orange peel. At once, pour over the oatmeal mixture and mix well. Quickly spread in buttered pan and press into an even layer. Then cover and chill until firm, at least 4 hours or overnight.

DIPPING FOR CHOCOLATE COATING Cut into bars about 1 1/4 by 2 1/2 inches. Combine chocolate chips and paraffin in to top of a double boiler. Place over simmering water until melted; stir often. Turn heat to low. Using tongs, dip 1 bar at a time into chocolate, hold over pan until it stops dripping, then place on wire racks set above waxed paper. With paraffin, the coating firms very quickly, bars with butter in the chocolate coating may need to be chilled. When firm and cool, serve bars, or wrap individually in foil.

Store in the refrigerator up to 4 weeks; freeze to store longer. Makes about 4 dozen bars, about 1 ounce each. Per piece: 188 cal.; 4.4 g protein; 29 g carbs ; 9.8 g fat; 0.6 mg chol. ; 40 mg sodium.

Alan's note: This is a good recipe. Toasting the oats, the sesame seeds really make a great bar. The key is the syrup and sugar mixture. Be sure to get that right.

Delphene's Protein Bar Recipe

By: Irononline Archive

3 1/2 cups rolled oats
1 1/2 cups dried milk
1 tablespoon cinnamon
1 cup lite syrup
2 scoops protein powder
2 large egg whites or 1 egg
1 1/4 cup orange juice
1 teaspoon vanilla extract
1 cup raisins or dried fruit and chopped

Line cookie sheet with waxed paper and preheat oven to 325 degrees. Mix all the ingredients thoroughly. Spread onto sheet, press cutting lines in to make 10 pieces. Bake 15 minutes until golden brown, cut apart,

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then cool and wrap. Store airtight at room temperature for up to 2 weeks.

Emergency Ration Recipe

By: various survival sites

3 cups rolled oats, barley, or wheat

2 1/2 cups nonfat milk powder

1/2 package Jell-O powder, citrus

1 cup sugar

2 tablespoon honey

3 tablespoon water

Preheat oven to 300 degrees. Heat together water and honey, stir in Jell-O powder. Stir dry ingredients together, stir in Jell-O water, mix well. Then add additional water 1 tablespoon at a time, just until mixture can be formed into two bars. Dry in oven, wrap in foil to store. Each bar is 1000 calories. May be eaten as is, or cooked in a pint of water.

Honey Trail Mix Bars

Directions:

4 1/2 cups old fashioned rolled oats

1 cup flour

1 teaspoon baking soda

1 teaspoon cinnamon

1 teaspoon vanilla extract

2/3 cup butter, softened

1/2 cup honey

1/2 cup brown sugar, packed

1/2 cup mini semisweet chocolate chips

1/2 cup raisins

1/2 cup dried cranberries

1/2 cup sliced almonds

Directions: Preheat oven to 325 degrees. Lightly grease a 9X15 inch pan. Combine the first four ingredients in a large mixing bowl. Add vanilla, honey, and brown sugar. Beat with an electric mixer. Batter will be very heavy. Using a wooden spoon stir in remaining ingredients until well combined.

Press dough into prepared pan. Bake 20-25 minutes until golden brown. Cool in pan 10 minutes. Cut into bars and cool completely before removing from pan.

Energy Bar Recipe 1:

2 dozen dried figs

1/3 cup honey

4 Tbsp. orange juice

2 Tbsp. lemon juice

2 1/2 cups unbleached flour

1/2 tsp. baking soda

1/4 tsp. baking powder

1 Tbsp. canola oil

1/4 cup dark corn syrup

2 egg whites (or egg substitute)

1 cup oat bran

Preheat oven to 350 degrees F. Instructions: mix figs, honey, OJ and lemon juice in a food processor.

Mix all other ingredients separately (except oat bran).

Combine 2 mixtures, roll into 20 balls, coat with oat bran, and bake at 350 deg for 10-15 minutes.

Store finished product in the refrigerator.

Nutrition Facts per bar: 150 Calories | 4 gr. Protein | 1 gr. fat | 36 gr. Carbohydrate

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Energy Bar Recipe 2

Nonstick vegetable spray

3 cups puffed wheat cereal

1/2 cup chopped nuts (walnuts or other)

1/2 cup chopped pitted dates or raisins

1/4 cup chopped dried cherries

1/3 cup creamy peanut butter

1/4 cup honey

1/4 cup light corn syrup

Preheat oven to 350 degrees.

Spray a 9-inch metal baking pan with nonstick spray.

Mix cereal, walnuts, dates, cherries in medium bowl.

Combine peanut butter, honey and corn syrup in small saucepan and bring to boil.

Stir constantly until mixture thickens slightly, about 1 minute. Pour peanut butter mixture over cereal mixture in bowl, and stir until blended.

Pour into baking pan.

Bake 10 minutes.

Cool and cut into bars.

Store in airtight container at room temperature.

Makes about 10 bars. Nutrition Facts per bar: 180 Calories | 4 gr. Protein | 8 gr. fat | 22 gr. Carbohydrate