

Power Bars...

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The ideal ratio of carbs to protein is 4 to 1 (the protein molecule actually aids in carbohydrate breakdown), but the main idea is that carbs get the starring role, while protein is a helpful sidekick.

A mix of simple sugars (anything sweet) and complex carbs (whole grains, oats, and so forth) is ideal, since the first offers a quick energy boost and the latter is a long-lasting fuel source. Sodium and potassium are crucial, too, but it's easy to cover the bases if you eat a variety of food. Piece of cake, right?

My recent training rides—typically over six hours and 100 miles—have been sustained by homemade energy bars, introduced to me by my Tucson housemate and training partner Colin Jaskiewicz. Rather than rely on a single recipe, Colin, the chef of the house, follows these guidelines and comes up with a unique batch each time.

Here's the simple version of Colin's homemade energy bars:

4 cups oats

4 cups cereal (like Kashi)

1 cup each filler (nuts, raisins, chocolate chips, etc.)

2 cups sweetener/binding agent (corn syrup if you're a cash-strapped bike racer, maple syrup if you live in New England, and agave nectar or brown rice syrup if you shop at Whole Foods)

1 ½ cups peanut butter

salt to taste

Heat the sweetener and peanut butter over medium and combine the remaining ingredients in a large mixing bowl. Stir in the heated sweetener mix, pour into a large square pan, and let it cool.

I slice each batch up into 2-inch-by-2-inch squares, each of which delivers about 250 calories and 40 grams of carbs, a perfect dose of energy for 60 minutes on the bike.

Pasted from <<http://bicycling.com/blogs/ramblingman/2012/02/16/fast-food-and-eating-on-long-rides/>>

ANGIE'S ULTIMATE POWER BAR

Makes 36 bars.

3 1/2 cups oats

1/2 cup raisins

1/2 cup shredded coconut

2/3 cup sunflower seeds

1/2 cup toasted sesame seeds

1/2 cup wheat germ

1/2 cup oat bran

3 tablespoons flaxseeds

1 tablespoon cinnamon

1 teaspoon salt

1 1/2 cups natural peanut butter

1 cup honey

4 tablespoons butter, melted

3/4 cup Reese's Pieces

To prepare oven: Preheat oven to 350 degrees.

To mix bars: In large bowl, let one child combine oats, raisins, coconut, sunflower seeds, sesame seeds, wheat germ, oat bran, flaxseeds, cinnamon and salt. Stir with a big spoon. Continue stirring while another child adds peanut butter, honey and melted butter. Stir until well mixed. Stir in Reese's Pieces.

To bake bars: Spoon mixture into ungreased 9-inch-by-13-inch glass pan. Using spatula, firmly pack and press mixture down. Bake for 15 to 17 minutes. Cool completely. Chill completely before slicing.

To store bars: Store bars in stacks separated by wax paper in covered container in refrigerator.

Pasted from <http://www.twincities.com/donnaerickson/ci_20709878/donna-erickson-homemade-power-bars-provide-fuel-active>

DIY Power Bars adapted from [Heidi Swanson's Book, Super Natural Cooking](#) *makes about 8-10 bars, depending on how you cut them*

1 tablespoon vegetable oil

1 1/4 cups rolled oats

1 1/4 cups chopped toasted walnuts

1/2 cup oat bran

1 1/2 cups puffed cereal you like, pounded into smallish bits (I used Barbara's Peanut Butter Puffins and Shredded wheat, both with success)

1 cup dried cranberries, coarsely chopped

3 pieces of dried crystallized ginger, finely chopped

1 cup brown rice syrup

1 teaspoon pure vanilla extract

1/2 teaspoon salt

First grease an 8" x 8" baking pan with the oil. In a large bowl, stir together all the dry ingredients.

Combine the brown rice syrup and vanilla together into a small bowl. Heat in microwave for 30 seconds or cook on stove in a small pot until slightly warm and a little thinner in texture. Pour onto dry ingredients. Press the mixture into the greased pan. Freeze for about 45 minutes, until hardened. Cut slices as big or small as you like. Store in the fridge.

Pasted from <<http://www.thekitchn.com/weekend-snack-diy-power-bars-144235>>

The Ultimate Energy Bar Formula

- 1-pound can of beans, drained and rinsed (or 1.5 cups cooked beans)
- 1/2 cup binder
- 1/4 cup sweetener
- 1/4 cup soft sweet fruit
- 1 teaspoon of extract (optional)
- 1 teaspoon of dry spice (optional)
- 1/4 teaspoon sea salt
- 1.5 cups of oats (you can toast them if you want but I can't tell the difference)
- 1 cup dry base ingredient
- 1 cup stir-ins

In a food processor, combine beans, binder, sweetener, soft fruit, extract, spice, and salt until smooth. Add the oats and dry base ingredients and pulse just to combine. Add stir-ins and pulse again just to combine. If the consistency seems spreadable, you're good. If it's too dry, add 1/4 cup of water; if it's too runny, add an additional 1/4 cup of the dry base ingredient.

Grease 13x9 pan with baking spray or rub with 1 tablespoon oil, then spread mixture into pan.

Bake at 350 degrees for 15-18 minutes.

Note: You'll have the most success if you use unsalted, unsweetened versions of the ingredients, and control the sweetness and saltiness through the sweetener and added salt.

Recommended beans

- White beans
- Black beans

- Pinto beans
- Chickpeas
- Adzuki beans

Recommended binders

- Almond butter
- Peanut butter
- ¼ cup of ground flax seed mixed with ¼ cup water
- Pureed pumpkin
- Mashed avocado

Recommended sweeteners

- Maple syrup
- Brown rice syrup
- Agave nectar
- Honey (if you're not vegan)

Recommended soft, sweet fruit

- Applesauce
- Mashed banana (about half of one)
- Chopped dates (remove the pits!)
- Crushed pineapple

Recommended optional extracts

- Vanilla
- Almond
- Lemon
- Coconut
- Coffee

Recommended dry spices

- Cinnamon
- Ginger
- Nutmeg
- Cardamom
- Instant coffee

*For stronger spices like nutmeg and cardamom, use just a ¼-½ teaspoon and combine with less intense spices like cinnamon.

Recommended dry base ingredient (a combination is usually best)

- Protein powder (we're fans of hemp, rice, and pea protein)
- Brown rice flour
- Spelt flour
- Cocoa (max ½ cup)
- Whole-wheat flour
- Buckwheat flour

Recommended stir-ins

- Shredded coconut
- Dried cranberries
- Raisins
- Dried apricots
- Chopped nuts

- Cacao nibs
- Dry cereal
- Crushed pretzels
- Chocolate chips

So that's the basic formula! To help get you started, here are three variations Christine came up with. For each of them, follow the same procedure from above for mixing and baking.

Example #1: chocolate black bean happy bars

- 1 can of black beans, drained and rinsed (about 1.5 cups)
- ½ cup almond butter
- ¼ cup agave
- ¼ cup mashed banana
- 1 teaspoon vanilla extract
- ¼ teaspoon salt
- 1.5 cups of oats
- 1/2 cup cocoa + ½ cup brown rice flour
- ½ cup shredded coconut + ½ cup raisins

Example #2: cranberry-pistachio protein bars

- 1 can chickpeas, drained and rinsed
- ½ cup binder: ¼ cup of ground flax seed with ¼ cup water
- ¼ cup agave nectar
- ¼ cup applesauce
- 1 teaspoon vanilla extract
- 1 teaspoon of cinnamon
- ¼ teaspoon salt
- 1.5 cups of oats
- 1 cup vanilla protein powder
- ½ cup pistachios + ½ cup dried cranberries

Example #3: maple pumpkin health bars

- 1 can of great northern beans, drained and rinsed
- ½ cup pureed pumpkin
- ½ cup maple syrup (Christine used more maple syrup in place of the sweet fruit here, for more maple flavor)
- 1 teaspoon pumpkin pie spice
- ¼ teaspoon salt
- 1.5 cups of oats
- 1 cup spelt flour
- 1 cup raisin bran cereal

Pasted from <<http://www.nomeatathlete.com/homemade-energy-bar-recipe/>>

These homemade power bars, packed with fiber and protein, are the perfect afternoon pick-me-

up or great on the trail. And they can be easily changed up to prevent boredom, swapping peanuts for almonds, blueberries for cherries. I wrap them in wax paper and pack them with a canteen of hot cocoa for winter hikes or ski lunches. If not for your kids, make them for yourself. It's a sweet treat you can feel good about.

What's your child's favorite afternoon snack?

HOMEMADE POWER BARS

Makes 16 two-inch bars

1/2 cup pitted dates

1-1/3 cups old-fashioned rolled oats

1/4 cup whole wheat flour

1/3 cup toasted wheat germ

1/2 teaspoon baking powder

1/4 teaspoon salt

1/2 cup almond butter

1/3 cup firmly packed dark brown sugar

1/4 cup honey

1/4 teaspoon pure almond extract

1 large egg

1/2 cup dried cherries

1/2 cup slivered almonds

1/2 cup firmly packed sweetened flaked coconut

1/3 cup semi-sweet chocolate chips

Preheat the oven to 350 degrees.

Butter an 8-inch square pan. Line it with parchment, allowing for a 2-inch overhang on either side. (If you prefer thinner bars, use a larger pan, i.e., 11 x 7 inches.)



You'll notice I secured the parchment with a binder clip so it doesn't fall over the pan while baking. Do you know binder clips can go in the oven? (Thanks Martha, I learned that from you.) Put the dates in a small saucepan and cover with water. Cook over high heat until the water comes to a boil and simmer the dates for two minutes. Remove from the heat and drain the dates.



In a bowl, whisk together the oats, whole-wheat flour, wheat germ, baking soda and salt.



Put the dates, almond butter, brown sugar, honey, and almond extract in the bowl of a food processor fitted with a metal blade. Run the processor until the ingredients are thoroughly mixed. (Note: If your processor is having a hard time moving, don't burn it out, instead, add the egg and continue to process. It'll run much faster once the egg is added.)



Add the egg and continue to process until thoroughly combined.





Add the dry ingredients and process another minute. Scrape the mixture into a large bowl and add the cherries, almonds, coconut, and chocolate chips. Stir with a rubber spatula until combined.



Spoon the mixture into the prepared pan and evenly press it down using an offset spatula.



Bake the bars for 20 to 25 minutes or until lightly golden on the edges. Allow the bars to cool completely. Using both sides of the parchment, lift the bars on to a cutting board and cut into 16 two-inch bars.





Pasted from <http://blogs.babycenter.com/life_and_home/homemade-power-bars/>

Let's look at how you can create tasty energy bars with little effort and less than 45 minutes.

Ingredients

- 3-1/2 cups rolled oats
- 3/4 cup light syrup (or try one of these healthier alternatives: agave nectar, maple syrup, or honey)
- 2 scoops (each scoop is about 4 tbsp.) protein powder – I used vanilla flavored; any flavor will work
- 1-1/2 cups nonfat dry milk
- 1 tbsp cinnamon
- 2 egg whites
- 1/4 cup juice – I use orange/banana/pineapple juice; orange juice is fine
- 1/2 tsp. vanilla extract
- 1 cup chopped dates (you can use dried cranberries, raisins, and chopped nuts, if you prefer)
- 1-1/2 bananas, mashed

Here's a photo of the ingredients I typically use:



Other

- cookie sheets
- non-stick spray (see video below)
- large mixing bowl

Extremely complicated directions:

1. Thoroughly mix all dry ingredients in a large bowl
 2. Mix all wet ingredients in another bowl
 3. Add the wet stuff to the dry stuff and mix together *thoroughly*
 4. Put spoonfuls on a cookie sheet that you've sprayed with non-stick spray, and form into bars (I use a plain table knife for doing this.) Spreading the spoonfuls out a bit as you put them on the paper makes this much easier.
 5. **5.31.09 edit:** surely one of the more bizarre videos ever put on YouTube, here's a 1:18 video of how I form the bars; note that I am baking them on cookie sheets which have been sprayed with non-stick spray:
 1. Bake at 325°F for approximately 15 minutes or until the bottoms of your bars are golden brownWhen they're done, take them out of the oven and let them cool. (NOTE: the bars will be a bit soft when you remove them from the oven; when they cool they'll firm up.)
- Here's a picture of the bars before going into the oven (these pics were taken before I switched from waxed paper to non-stick spray; both techniques work just fine but the spray is a bit easier):





...and after:



As you can see, this recipe made 11 **fairly large** bars. *I certainly could have opted to make them smaller.* Total cost per bar (I'll spare you the detailed calculations) works out to about \$.66 each, primarily because I used a relatively small (read: expensive per scoop) container of protein powder. If I were to buy a 5 lb. container, the cost per bar drops to about \$.45 – half the cost of the best price I've seen for Clif bars!

Nutritional Breakdown:

- 280 calories
- total fat: 1.9g
- saturated fat: .5g
- cholesterol: 10.2mg
- protein: 13g
- carbohydrates: 53.2g

Note that this is approximate as the size of the bars can (obviously) vary a bit, and **is based on the recipe yielding only 12 bars**. At that yield, the bars are akin to a supersized Clif bar.

How does this nutritional profile compare to commercially available energy bars?

	Homemade	Clif Bar	Power Bar	Gatorade Bar	4 Fig Newtons
Calories	280	240	230	260	220
Protein	13g	10g	10g	8g	2g
Carbohydrates	53g	44g	45g	46g	44g

As you can see, the homemade bars compare very favorably to the commercially available alternatives... and they taste great and are less expensive! Also, keep in mind that these bars are considerably larger than the store bought bars, so it's a bit of an apples and oranges comparison... keep reading for a more relevant comparison.

If the recipe yielded 16 bars, the nutritional breakdown is:

- 210 calories
- total fat: 1.4g
- saturated fat: .3g
- cholesterol: 7.6mg
- protein: 9.7g
- carbohydrates: 40g

This is certainly a fairer comparison. **At this (16 per batch) yield, the homemade bars offer lower calories, more protein, and lower carbs than the commercially available bars!** (All nutritional information is based on the data on product packages and where that isn't available, from nutritiondata.com)

Try it – you'll like it!

Making these energy bars could not be much easier – measuring and mixing the ingredients takes about 5-7 minutes maximum, forming them into bars (or whatever shape you prefer) takes about another 10 minutes, and they bake in around 15 minutes. You certainly can double the batch to make 20-32 bars. Store them in Ziploc bags or in an airtight container, and they'll keep for about 2 weeks at room temperature... if they last that long!!

Here are, in no particular order, a few notes, tips and updates:

- If you use chopped dates in the recipe, consider buying (whole) pitted dates and cutting them up. The chopped dates that are available in our market come with a dusting of granulated sugar – no need to add more sugar to the recipe! It only takes 3-4 minutes to chop up the appx. 15 dates required for a cup
- A few readers have commented on the use of light corn syrup and its questionable (read: horrible) nutritional value. Lately I've been experimenting with using 3/8 cup light corn syrup and 3/8 cup honey, and it works just fine – give it a try!
- The bars are done when their bottoms are just turning golden brown. At that point their tops will still be quite soft; take them out of the oven – they're done! This equates to about 14 minutes with our oven; YMMV
- The bananas add a nice flavor. If you're allergic to bananas, any sort of mashed fruit should work. Applesauce is also a good alternative
- *PracticalHacks* reader Jenn has made these bars with agave nectar as well as honey, and in her words, they turned out "sooooo good!"

Pasted from <<http://www.practicalhacks.com/2008/08/04/homemade-energy-bars-cheap-delicious-and-surprisingly-easy/>>