

Make your own energy bars



[Active Toby](#) 1,540 posts since

Jun 5, 2007

Mark Sisson's site, [Mark's Daily Apple](#) is a regular read for me and today he has a great post, [Make Your Own Primal Energy Bars in 10 Easy Steps](#)

Total Batch:

Calories: 2288

Fat: 203g

Carbs: 110g

Protein: 40g

Not bad, huh? Give them a try and let us know how they turned out!

Tags: fitness, toby-guillette, nutrition, health, active-toby, healthy, protein, sports_nutrition



[Rschw](#) 52 posts since

Jul 23, 2008 1. **Re: Make your own energy bars** Oct 8, 2008 12:24 PM

Great Web Site. This is so me - My husband said I should change my name to PimalRobin!

HaHa! 😊 Love the recipe. I'll have to add choc. chips to get hubby and kids to eat them.


I have a super recipe for a homemade grapenuts type cereal with lots of whole grains and nuts, you can customize to your liking, that is fantastic as a cereal or over yogurt - my favorite after workout snack. If anyone is interested just reply to me and I'll be glad to share. R.



[Active Toby](#) 1,540 posts since

Jun 5, 2007 2. **Re: Make your own energy bars** Oct 8, 2008 1:03 PM

Make your own energy bars


 in response to: [Rschw](#)

Hey PrimalRobin, I'm glad you like the site and the recipe. Please share yours with us!



[Rschw](#) 52 posts since

Jul 23, 2008 3. **Re: Make your own energy bars** Oct 9, 2008 4:28 AM

 in response to: [Active Toby](#)

Hi Toby,

Here is the recipe for the grapenuts type cereal:

combine all ingredients:

3 cups graham or whole wheat flour

1/2 cup wheat germ

1/2 cup honey or brown rice syrup

2 cups buttermilk

1 tsp. soda

pinch salt

(I add - 1/3 cup ground flax seed, 1/2 cup chopped nuts, or any other whole grain you want to eat (buy them whole and grind them in the food processor), and a bit more buttermilk)

Beat until smooth. (it should be like thick pancake batter)

Spread dough on 2 large greased cookie sheets.

Bake at 350 degrees 25-30 minutes.

Make your own energy bars

Crumble by one of these methods:

1. While still warm, break into chunks and grate on slaw cutter or whirl briefly in blender or food processor, about a cupful at a time.
2. Allow to cool thoroughly, then put through food grinder, coarse plate.

(at this point I have added chopped fruit)

Then sprinkle crumbled cereal on cookie sheet and crisp in oven at 250 degrees for 20-30 min

Store in airtight container.

Eat with milk or sprinkle over yogurt.

I know it sounds long with the 2 cooking times but it makes a lot and you can customize this recipe by adding other whole grains or nuts or even fruit. My kids love to help me make this, they like the crumbling part.

FYI, this recipe comes from an old Mennonite cook book and their goal for publishing it was to get rid of over consumption of sugar and world hunger. It is a very interesting book. I'm not Mennonite but kudos to them.

Hope you enjoy it.

Robin



[Nancy Clark RD CSSD](#) 60 posts since

Jul 8, 2007 4. **Re: Make your own energy bars** Nov 30, 2008 3:57 AM

I have a very simple recipe for a homemade energy bar in my [Sports Nutrition Guidebook \(2008\)](#). This is one of more than 70 "sports recipes" for hungry athletes who have minimal

Make your own energy bars

cooking skills and want quick, easy and family-friendly recipes made with readily available ingredients.

PEANUTTY ENERGY BARS

This prizewinning recipe offers a yummy alternative to commercial energy bars. They are perfect for when you are hiking or biking, as well as for a satisfying afternoon snack. They are relatively high in fat##but it#s healthful fat from peanuts and sunflower seeds.

For variety, you can make this recipe with cashews and cashew butter, and/or add a variety of dried fruits (cranberries, cherries, and dates).

1/2 cup salted dry-roasted peanuts

1/2 cup roasted sunflower seed kernels or use more peanuts or other nuts

1/2 cup raisins or other dried fruit

2 cups uncooked oatmeal, old-fashioned or instant

2 cups toasted rice cereal, such as Rice Krispies

1/2 cup peanut butter, crunchy or creamy

1/2 cup packed brown sugar

1/2 cup light corn syrup

1 teaspoon vanilla

Optional: 1/4 cup toasted wheat germ

1. In a large bowl, mix together the peanuts, sunflower seeds, raisins, oatmeal, and toasted rice cereal (and wheat germ). Set aside.

Make your own energy bars

2. In a medium microwaveable 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. For squares, spoon the mixture into an 8# x 8# pan coated with cooking spray; for bars spoon it into a 9# x 13# pan. Press down firmly. (It helps to coat your fingers with margarine, oil, or cooking spray.)
5. Let stand for about an hour, then cut into squares or bars.

Yield: 16 squares or bars

Nutrition Information: Total calories: 3,600

Calories per serving: 225

Carbohydrate 30 g

Protein 6 g

Fat 9 g

Courtesy of the National Peanut Board, Atlanta, GA