

# homemade bars & gels

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Hi guys

Has anyone made their own energy bars or gels? I've seen a few recipes that look easy & are tempting.

Examples:

[http://www.active.com/mountainbiking/Articles/Make\\_Your\\_Own\\_Homemade\\_Energy\\_Gel.htm](http://www.active.com/mountainbiking/Articles/Make_Your_Own_Homemade_Energy_Gel.htm)

Homebrew Power Goop & Honey Goop With a Protein Kick

He suggests using the USDA National Nutrient Database for Standard Reference to find nutritional info on anything. <http://www.nal.usda.gov/fnic/foodcomp/search/>

Great resource.

<http://dustinmaherfitness.com/index.php/2009/05/28/healthy-homemade-energy-bars/>

Dustin shares his friend Katrina's energy bar recipe & video from Tone It Up.

3 scoops protein pwd.

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1 c. natural peanut butter

1 c. raw or roasted slivered almonds

1 c. diced dried apricots

1 c. old fashioned oats

¼ c. raw honey

Cinnamon, optional

<http://thebiggestloserforums.com/wordpress/energy-bars-the-best-homemade-energy-bar-recipes/> Homemade Energy Oat Bars

<http://www.whole-body-detox-diet.com/homemade-energy-bars.html>

<http://www.recumbent-bikes-truth-for-you.com/recipes.html> - scroll down the page to find the recipe links

Let me know if you have another favorite recipe or site,

Sara

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