

Check the ingredients listed on the back of your protein bar, energy bar or meal replacement bar for high fructose corn syrup, artificial sweeteners, highly allergenic gluten, preservatives, and cheap soy proteins. If your bar contains any of these health bombs, toss it in the trash -- now.

Here is something that I make.

## **ABSolutions Healthy Protein Bars**

- 1 Jar Laura Scutter's Organic Peanut Butter
- 1 Cup of either Organic Maple Syrup or Honey
- $\frac{1}{2}$  cup of **NOW** Flax
- 1 Cup each of **NOW** Almonds, Walnuts, Sunflower Seeds and Pumpkin Seeds
- 3 Cups of **NOW** Rolled Oats
- 2 Cups **NOW** Whey Vanilla Isolate Protein

*Grind all the nuts, seeds and oats in Vitamix or Food Processor. Grind them a cup at a time, don't add all at one time. You can grind to powder or if you like a crunchy texture stop short of the powder.*

*Mix all ingredients by hand until mixed thoroughly.*

*Take a 9X5 Baking Dish and coat the bottom lightly with some powdered protein and dump the rest into your mixture. Then add the mixture to the dish and press hard and cover the whole pan evenly. Apply a small amount by dusting the top with whey protein and then put in refrigerator for 2 hours. Then cut evenly into bars. If you want to know calories, fat, fiber, protein then add everything up and divide by how many bars you make. All nuts, seeds, oats and flax I recommend **NOW** products. Everything is organic and the nuts and seeds are **RAW** which means they are live and still have their enzymes.*

*ABSolutions Fitness carries all these **NOW** Products.*