Recipe of the Month

Snack/Energy Bars

Soy Energy Bars

**Ingredients:**
- 1 cup soy protein powder
- 1 cup unbleached all-purpose flour
- 2 cups rolled oats
- 1/2 cup oat bran
- 1/2 tsp cinnamon
- 3/4 tsp salt
- 1/2 – 2/3 cup packed brown sugar
- 1/2 – 1 cup semisweet chocolate chips
- 1 1/2 cups plain vanilla yogurt
- 1/4 cup canola oil
- 2 tsp vanilla extract

**Directions:**

Preparation time – 10 minutes + 30 minutes baking

1. Preheat oven to 350 degrees F. Spray a 9x13-inch baking pan and a baking tray with lightly with nonstick spray.
2. Mix protein powder, flour, oats, oat bran, cinnamon, and salt together in a large bowl. Crumble brown sugar, rubbing it with your fingers to break up any clumps. Stir in the chocolate chips.
3. Measure yogurt, oil and vanilla into a second bowl, stirring until well combined.
4. Add wet mixture to dry mixture and mix patiently until thoroughly blended. (You may have to use your hands-it will be a thick batter, verging on a dough)
5. Transfer the mixture to the sprayed pan and pat evenly into place with your hands. Bake in the center of the oven for 15 minutes, then remove from the oven and cut into bars of any size or shape. Place the bars on the prepared baking tray and bake for another 15 minutes, or until golden around the edges. (For extra-crunchy bars, turn off the oven and leave them in there for up to 45 minutes longer.)
6. Remove the bars from the oven, and place them on a rack to cool.

**Nutritional info per serving:**
- 205 calories, 6g fat, 0.4 cholesterol, 1.5g saturated fat, 4g protein, 20.5g carbohydrate (2g fibre)

**Source:** Modified from Mollie Katzen’s Sunlight Cafe

**Ways to vary your energy bar:**

Protein boosters – use the main recipe with any of the following adjustments:
- Add 1/2 cup chopped nuts/sunflower seeds
- Replace canola oil with 1/2 cup peanut or almond butter
- Add 2-3 tbsps of powdered egg whites

Nondairy bars - replace yogurt with:
- unsweetened applesauce
- mashed banana
- mashed tofu (soft or firm)

Try adding 2tbsp of cocoa powder for a chocolaty taste!

Making your own bar lets you vary your recipe depending on what you want the bar for – as a pre or post workout food or as a regular snack! You can adjust ingredients according to your own taste and needs!
**WHAT IS AN ENERGY BAR?**
A food that contains protein, carbohydrates, fat and other vitamins or minerals that can help replenish nutrients used during exercise and vigorous sporting events. Most bars contain (by calorie) about 70% carbohydrate, 20% protein and 10% fat (or less).

Energy bars come in many flavours and varieties. There are several “types” of bars. Some of the most common include: high protein, low glycemic index, soy protein, or moderate carbohydrate.

There are lots of bars on the market and not all of them are nutritionally equal. Choosing from the surplus can be challenging, so it is helpful to know what you are looking for.

**WHY ARE ENERGY BARS SO GREAT?**
They can be a handy, portable and refrigerator-free snack with no preparation needed. Homemade bars are also fun & easy to make and very economical.

**TIPS FOR CHOOSING BARS AS A SNACK FOOD**
- Find a texture and a flavour that you like (there are tons to choose from!)
- Choose bars that do not contain hydrogenated or partially hydrogenated oils (ex: palm oil)
- Avoid bars that have fructose corn syrup as a main ingredient. Some bars have high concentrate carbohydrates with little nutritional value.
- If looking for a snack: choose a bar with 7-15g of protein and avoid those with high sugar (10g or less) and fat (less than 2g saturated fat) content
- Remember that although energy bars can be a good snack, they should not replace meals or natural whole foods in your diet.

**TIPS FOR CHOOSING ENERGY BARS AS EXERCISE FUEL:**
Don’t try anything new right before an important workout or competition
Make sure your body tolerates the particular bar with no stomach pain before exercise

**PRE EXERCISE:** Your body needs carbohydrates as a fuel. It is a good idea to choose bars lower in protein, fat and fiber which can cause cramps, slow digestion and lower energy levels.

**DURING EXERCISE:** Your choice should depend on the type of exercise you are doing. Energy bars with protein and fat are not the best choices, a better option would be to choose an all fruit bar or energy gel. More balanced energy bars may be suitable for long, low-intensity activity such as a slow hike or bike ride.

**POST EXERCISE:** Your body needs to replenish its muscle stores with carbohydrates as well as some fat and protein. Eating “real food” for a complete meal is nutritionally optimal but a well balanced energy bar can be a good alternative.