

## DIY Healthier Bars

Probably one of the most frequently asked questions that I get is, “What bar do you recommend?”

The honest truth is, “None”. Sure, there might be bars out there with minimal ingredients, but most have a lot of dried fruit and multiple sweeteners that can really raise your blood sugar and create even more carb cravings. Anyone say, candy bars??

Other ingredients to watch for in regular store-bought bars are high-glycemic rice, soy lecithin and other ingredients such as artificial sweeteners that may be genetically modified and interfere with your gut microflora..

Here are 3 clean, gluten-free bar recipes that are a cinch to make and contain both plant based protein, heart-healthy fat and fiber that help satisfy and keep you from spiking & crashing.

### Sweet Potato Protein Bars

Ingredients:

- 1 c. cooked, mashed sweet potato
- 1 tsp. vanilla
- 1 tsp. cinnamon
- ¼ c. yacon syrup
- 2 whole eggs
- 1/3 c. sunflower, almond or peanut butter
- 1/3 c. low-fat or whole milk yogurt or kefir
- ½ tsp. baking powder
- 2/3 c. vanilla or chocolate protein powder
- optional: coconut manna OR chocolate chips to melt and drizzle over

Method:

1. Combine wet ingredients (first 7 ingredients) in bowl and mix well.
2. Add baking powder and protein powder and stir until well incorporated.
3. Pour on to a baking sheet with parchment paper and greased sides.
4. Bake at 375 for about 10-15 minutes or until golden.
5. Cool, slice into 8 bars and drizzle with optional ingredients if desired.

## **Kinder Bars (Grain-Free Granola Bars)**

### Ingredients:

1.5 c. mixed nuts and seeds  
¼ c. unsweetened shredded coconut  
1 tbsp. cocoa nibs  
2 tbsp. coconut oil  
2 tbsp. tahini or almond butter  
2 tbsp. yacon syrup  
½ tsp. vanilla  
1 tsp. cinnamon  
pinch salt

### Method:

1. Pulse all ingredients in blender until roughly combined.
2. Place in parchment lined baking pan with greased sides.
3. Bake at 350 for 15-20 minutes or until golden.

## Collagen Prune Power Bites

Prunes are rich in nutrients vital for bone health, including vitamin K, magnesium, potassium, and boron, along with chlorogenic acid and other antioxidants that may help shield bones from oxidative damage.

Dried plum reversed the loss of trabecular architectural properties such as trabecular number and connectivity density, and trabecular separation.  
<https://www.ncbi.nlm.nih.gov/pubmed/19274852>

### Ingredients:

1 1/4 c. pitted prunes  
1/4 c. pitted dates (or use only 1 1/2 c. pitted prunes in recipe)  
1 c. cashew, peanut, walnuts, sunflower seeds, pumpkin seeds or a combo of all or some, ground until semi-fine in food processor  
pinch  
3 tbsp. collagen (I prefer Ancient Nutrition Multi-Collagen Protein Powder)  
sea salt  
1/2 c. unsweetened shredded coconut

### Method:

1. Add prunes to nuts or seeds in food processor. Pulse until a ball is formed. Add sea salt if desired and continue to pulse while adding collagen. Add droplets of warm water if ball fails to form.
2. Shape into tiny balls (should make around 15. (keep hands moist as dough will be very sticky)
3. Place shredded coconut in a shallow bowl and roll prune balls in coconut to cover.
4. Store in a covered container in fridge. Lasts 2-3 weeks.