

Cycle Chick's Healthy Homemade Hippy Bars



These healthy bars are a perfect pre or post-ride boost and won't make a mess of your jersey if you bring them along for a ride. Each 2" square has about 250 calories and 40 grams of carbohydrates.

Recipe makes 24 squares.

Ingredients

2 cups of your choice of sweetener/binder:
(*maple syrup, corn syrup, brown rice syrup,
or Blue Agave Syrup*)

1.5 cups all natural peanut butter

4 cups large flake oats

4 cups dry cereal of your choice

3-5 cups hippy fillers of your choice:
(*eg. nuts, raisins, currants, coconut, flax seed,
pumpkin seeds, dried cranberries, chocolate
chips... you get the idea*)

3-5 scoops chocolate or vanilla
protein powder (optional)

salt to taste

Directions

1. Put the sweetener and peanut butter into a saucepan over medium heat, stirring occasionally.
2. Combine the remaining dry ingredients in a large mixing bowl – oatmeal, cereal, and your selected hippy fillers. I used a combination of muesli, puffed brown rice, almonds, pumpkin seeds, coconut, raisins and flax seed.
3. Combine the hot sticky stuff with the dry hippy mixture. I do this right in the pan, which has been given a healthy blast of non-stick spray. Start mixing them together with a wooden spoon, then switch to your hands to really mush it all together well.
4. Combine the hot sticky stuff with the dry hippy mixture. I do this right in the pan, which has been given a healthy blast of non-stick spray. Start mixing them together with a wooden spoon, then switch to your hands to really mush it all together well.
5. Use your hands to press firmly and evenly into the pan. Get it as smooth as you can, using a piece of wax paper to really get it flat.
6. Chill in refrigerator for 2 hours or overnight.
7. Cut into 2" squares. Wrap individual squares in wax paper and store in an air-tight container in the fridge, or in the freezer for longer storage.
8. Go ride your bike.

