

ORGANIC PROTEIN ENERGY BARS

Where did the idea come from?

I am a physically active person and I have a weakness for sweets. Since I cleaned my diet, I decided to create a bar that provides not only sustained energy but also is a sweet and delicious treat to enjoy it mid afternoon when I feel like something sweet (but healthy).

Read below to find all the nutritional information. All ingredients are **ORGANIC**.

Peanut butter

It has an arsenal of nutrients on its own as it is packed with protein, fiber, antioxidants, vitamin E, magnesium, potassium, and vitamin B6. It also contains healthy monounsaturated and polyunsaturated fats. These fats help to lose weight and prevent heart disease. No wonder everyone loves it!

Whole oats

Oats help regulate blood sugar, reduce harmful LDL cholesterol without affecting HDL levels (good cholesterol). It neutralizes toxins in the body, which means its helps to fight cancer and other degenerative diseases.

Oatmeal is the cereal with the highest concentration of vitamins and minerals; it is rich in fiber, protein and healthy fats. Also it regulates the digestive system for its soluble fiber content. It keeps you satiated to avoid crazy cravings for foods that are damaging to your system.

Vitamins: A, D, E, complex B

Minerals: Calcium (bones), Iron, (helps transport oxygen in the body), Zinc (insulin production)

Raisins

They help purify the body of toxins, prevent constipation; rich in antioxidants (flavonoids) protect the cells from free radicals. Rich in carbohydrates, which means they provide a lot of energy.

Pepitas

These beauties are a nutritional powerhouse loaded with vitamins, minerals, amino acids, carbohydrates and essential fatty acids. The nutritive value of pumpkin seeds includes vitamin A, vitamin B, vitamin K, thiamine, riboflavin, niacin, calcium, iron, phosphorus, fat, carbohydrates and protein. For minerals, they include magnesium, manganese, zinc, potassium and copper. They help reduce inflammation to reduce the risk of cancer, depression, arthritis and cardiovascular diseases.

Honey

It has superior taste and because it is organic it is free of pesticides and environmental pollutants. It helps to digest the fat stored in the body, which means it contributes to lose weight. It works as an antiviral, antimicrobial, antibacterial and antifungal, so it used in combination with other foods for healing the body. It helps to cure internal wounds, boost the immune system and have beautiful skin.

Flaxseed meal

It can be digested easier than flaxseed seeds. Rich in fiber, protein, essential fatty acids, vitamin E, phosphorus, magnesium, calcium, zinc and phosphorus. It has antioxidant properties which helps fight free radicals and prevents degenerative diseases and premature aging.

NOTE: It should be consumed with enough water so that the fiber can fully act in your body. It is NOT recommended for people with thyroid problems. It can affect the absorption of insulin in diabetic people.

Cinnamon

It is high source of antioxidants; it contains anti-inflammatory properties which is why is widely used to prevent chronic diseases such as heart disease, cancer and diabetes. It also helps to defend against cognitive decline and protects brain function.

Where can you buy it?

Order online, you can also call or email me at:

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