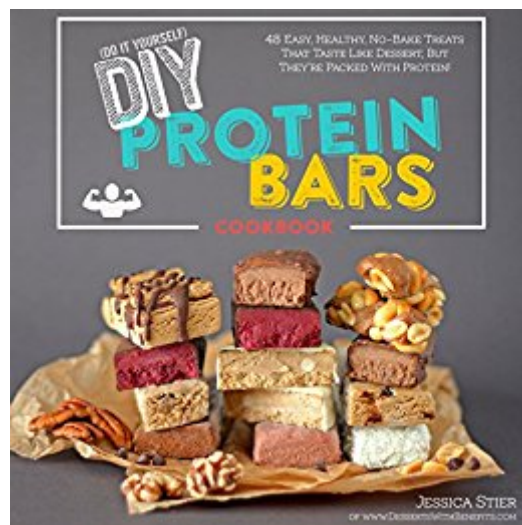


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DIY Protein Bars Cookbook: Easy, Healthy, Homemade No-Bake Treats That Taste Like Dessert, But Just Happen To Be Packed With Protein!



Synopsis

DIY Protein Bars is a collection of 48 easy, healthy, homemade, no-bake treats that taste like dessert, but just happen to be packed with protein! And there are options for everyone. The recipes are (or can easily be made) gluten-free, dairy-free, nut-free, soy-free and vegan! | but you'll never know it. One bite of any protein bar in this cookbook and you'll be screaming, "OH-MY-GOSH-this-is-so-freakin'-good-how-can-this-be-good-for-me!?" • These protein bars are so tasty and addicting you'll never buy store-bought again. Protein is essential for muscle growth, repair and maintenance, but it is also necessary for maintaining blood pressure, fluid balance and electrolyte levels within the human body. Each recipe in this cookbook includes a nutrition label so you can see how many calories, and how many grams of fat, carbs and protein are in each serving. No matter what, though, there are options for everyone's nutritional preferences: sugar-free, refined sugar-free, cholesterol-free, low-calorie, low-sodium, high fiber and high protein. These recipes might be "free" of some stuff, but they sure aren't free of flavor! Oh, and don't you worry, the fun doesn't stop there. Every recipe in this cookbook is all-natural -- no artificial sweeteners, no synthetic food dyes, no artificial food flavorings, no hydrogenated oils and no preservatives whatsoever. That list right there is unheard of when it comes to store-bought protein bars. These protein bars are perfect for both pro and novice athletes. After an intense workout, they're the best reward for sweating like an animal, dealing with your exhausted muscles, and trying to control those damn uncontrollable jelly legs. But that's not all. Protein bars aren't only for the workoutaholics... Do you have a sweet tooth? Did you just raise your hand? Then these protein bars are for you too. They taste like candy bars (seriously, just check out the Candy Bar Protein Bar section on pg. 60-81) but without all the excess calories, fat, salt, sugar, artificial additives and preservatives. These recipes are a total godsend for the health conscious dessert lovers out there (aka, YOU). Make a batch of protein bars instead of eating a candy bar and you'll be happy as can be | no guilt involved. So, let's all make the same, scratch that, better versions of store-bought protein bars right at home.

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Customer Reviews

Excited to get this as an early Christmas present. But this book is not going to work at all for my cycling needs. I was hoping there would be some recipes that relied on protein other than protein powder, but there is only ONE. The recipes require very expensive ingredients that you have to order online and that I would never use for anything else (e.g., weird extract flavors like butter flavor extract, flavored stevia drops, multiple varieties of unusual flavored and unflavored protein powders, like brown rice, etc). It would cost about \$100 to get started making a few bars. Unless I wanted to open a protein bar bakery, not practical for athletes looking for simple, convenient protein options. I tried the one no-protein powder recipe. It was edible, but my girlfriend thought they were disgusting.

As a vegan who works hard to incorporate protein and wholesome ingredients into my diet, I was so excited to see this book. I had never heard of the author's blog, but looked at the book description and the reviews and felt confident with my purchase. When it arrived, though, I was so disappointed. The book preview stated that "All of the recipes are (or can be easily made): gluten-free, soy-free, nut-free, dairy-free, vegan." I am not sure how this is true as most of the recipes rely on a nut butter of some sort, and there are no specific suggestions for ingredient modifications. Additionally, despite the fact that I followed the recipes in every way (even using the specifically mentioned brands), the bars were mushy and runny (I had to freeze them just to get them to solidify). The flavors are great (German Chocolate Cake, Tiramisu, Caramel Macchiato, Peanut Butter Fudge, Chocolate Covered Strawberry, Orange Cranberry Quinoa, and Matcha Green Tea Almond Fudge, to name a few). Many, though, are covered in some sort of chocolate or caramel (making them a bit sweeter than I would like to see in my protein bars). Overall, this book is a disappointment and despite the promise

of making my own protein bars at home, this book doesn't offer healthier solutions.

Recipes are complex and after purchasing the ingredients you probably aren't saving much money over buying prepackaged bars. Also besides being higher in protein I'm not sure if any of these are recipes I'd consider healthy...

Misleading as far as options and variety go. There are a lot of repeats! It's basically just multiple versions of the same recipe. The book *Power Hungry* has a main recipe and then many variations of the same one on the same page. If this book did that it would be just a few pages long.

I am so disappointed. I went out and bought the recommended brand ingredients. First recipe was so runny it never set up so I pitched it. Confident I had done something wrong I went on to recipe two. Same thing. The ratio of liquid to dry ingredients is way out of proportion. To make these recipes will be a try and fail to figure out the correct measurements. Not sure it's worth the trouble. I'll just look for new recipes.

I subscribe to Jessica's blog, *Desserts with Benefits*, and have made a few recipes from her website. They've all come out delicious, and I appreciate her commitment to health and education. I like to support bloggers like her, so I decided to buy her cookbook. Added bonus, I'm a fan of protein bars, because when I wake up in the morning, I'd much rather grab a bar than sleepily try to make an omelet or something. Each recipe comes with ingredients, instruction, and most importantly - nutritional information. No more bookmarking tasty-looking recipes and realizing later they're 900 calories. Calorie-wise, I don't think there's a single bar that clocks in over 300 calories, most are 170 - 250 calories. If you're doing the low-carb thing, eyeballing it it looks like the bars come in between 15g - 30g (depending on the recipe). All the ingredients are natural, and there are no added sugars (primarily using liquid stevia for sweetness). The only downside is if you don't already own protein powder, almond butter, stevia, or any of the other ingredients, it can get a bit pricey. She does have a section illustrating that making your own protein bars actually winds up being cheaper, but it's hard to remember that when you're ordering a giant tub of expensive protein powder on the Internet! Most of the recipes use the same base ingredients, so you most likely won't end up with a giant tub of protein powder you've only used one scoop of. I haven't owned the book long, and have only made two recipes (*Cookie Dough Protein Bars*, and *Matcha Green Tea Bars*), both have come out tasty. They're fairly easy recipes too - basically just throw everything at the stand mixer, toss it into a

brownie pan, refrigerate and then cut everything up. Overall, I'm glad I bought this book, I'm looking forward to trying new recipes (next I think will be Red Velvet Cake Fudge Protein Bars...), and hope to see more from Jessica in the future!

These were simply awful recipes. We made there items, not one of them came out well or were edible. Don't buy!

I've been enjoying this book, and have made a few of the recipes. Some of them I liked and some of them I didn't, pretty much like all recipe books. If you're interested in making your own protein bars, I think you'll find this a useful read.

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