

Weekly



SPORTS NUTRITION

Recipe:

No-Bake Peanut Butter Grape Nuts Bars

It is hard to decide which attribute of these bars is their best part- the fact that they only take 5 minutes to put together, that you don't need an oven, that there are only 4 ingredients or just how simply delicious they taste! Besides the actual Grape Nuts cereal, all of the other ingredients can be modified to your preference and need. Replace the regular peanut butter with crunchy for extra bite or with almond butter for a more mellow taste. The honey can be swapped for agave nectar or maple syrup for different levels of sweetness and flavor. Take any leftover dried fruit, nuts, or even chocolate chips you may have in your kitchen for some fun mix-ins. Paired with a glass of milk, these bars make a great breakfast, recovery snack, or even dessert!

Ingredients:

Makes 24 bars

- 4 cups Grape Nuts cereal
- 1 cup natural peanut butter
- 1 cup honey
- ½ cup dried tart cherries



Nutrition Facts

Amount	1 bar (1/24 of total)
Calories	190
Fat (g)	6
Sat. Fat (g)	0.5
Carb. (g)	31
Fiber (g)	3
Protein (g)	5

Vegan.

Directions:

1. Spray a 13x9-inch baking pan with non-stick cooking spray and then line with foil or wax paper extending past the edges (so bars can be easily removed when cool)
2. Mix honey and peanut butter in large microwavable bowl.
3. Microwave on high for 1-2 minutes or just until mixture boils
4. Add in cereal and cherries and toss well to coat
5. Press mixture firmly into prepared pan and refrigerate for at least 1 hour
6. Cut into bars and enjoy!

*Note: This recipe can be easily halved if you only want 12 bars.

For Sport Nutrition Questions, contact:

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Besides their supreme flexibility, these no-bake bars have a lot to offer for supporting athletic performance. Grape Nuts are a fortified cereal packed full of B vitamins and iron which help with increasing the availability of energy to working muscle. The fiber promotes satiety before your next meal. Peanut butter offers up protein and healthy unsaturated fat in addition to zinc, a mineral important for healing and strengthening the immune system. The enzymes in tart cherries have been shown to reduce joint and muscle pain by decreasing inflammation that leads to swelling and irritation. And the natural goodness of honey extends beyond its sweet taste- it also offers up quick carbs for immediate energy and has powerful anti-bacterial properties to help keep the immune system strong.

