

Home Made Two High-Protein Candy Bars

These very High-Protein candy bars are so full of protein...and other nutritious ingredients that you could almost exist in the peak of health by eating only the 6 candy-bar recipes I'll give you now! Many people in this world live quite well on a diet that is far less nutritious...But, for the bodybuilder who wants to make fast, tasting gains in strength, muscle size and energy, these High-Protein Candy Bars are fantastic!

To accurately determine the nutritional analysis of each bar, simply divide the number of "bars" you cut from the whole mixture – I will give you an example with recipe #1.

C'bar #1

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
2 cups natural peanut butter	134.6	108.4	246.6	2,972
½ cup nonfat dry milk	21.3	32.2	1.4	217
4 brown sugar	0	52.4	0	204
2 honey	0	16.7	0	62
TOTAL:	155.9	209.7	248.0	3,455

Mix ingredients in large mixing bowl (if mixture is too dry, add a little whole milk; if too moist, add a little nonfat dry milk – be sure to measure these other ingredient sand see back of book for nutritional breakdown so you can add this to total). Mix with your hands, thoroughly mixing everything. Now, very lightly butter cookie sheet, large, flat pan, or sheet of wax paper and spread mixture out on it about ½" to 1" in thickness, and in the shape of a square; then refrigerate until it "hardens." Remove from refrigerator and cut into equal pieces. Now, roll boars in sesame seeds that are spread-out on wax paper, etc. Each bar will take about 1 tblspn sesame seeds:

1 tblspn sesame seeds	.6	.8	1.5	18
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Let's say that you made 12 equal-sized candy bars from this recipe, each bar would have this nutritional analysis (including the sesame seed):

1 candy bar	13+	17.6	20.8	289+
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That's a whopping handful of protein and other nutrition! And, it's so inexpensive, too...!

Keep these bars refrigerated...and eat one whenever you need protein POWER Plus! Terrific as one of those between-meal snacks that constitute on e of the t-meal-a-day plans (See "2-Week Menu Suggestions" chapter.)

C'bar #2:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
2 cups natural peanut butter	134.6	108.4	246.6	2,972
½ cup whole, or halves, Peanuts	16.3	17	32	403
¼ cup evaporated milk	4.4	6.3	5	86.5
¾ cup nonfat dry milk	32	40.3	.9	325.5
1 tblspn honey	0	16.7	0	62
2 brown sugar	0	26.2	0	102
TOTAL:	153.6	187.8	222.8	3,208

Mix, cut and roll in sesame seeds (or shredded coconut) as in Recipe #1. 1 tblspn shredded coconut has:

1 tblspn shredded coconut	0	2	1.5	21.5
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