

## Energy Bars

*By Greta van Meeteren*

My attention was recently drawn to a Website called:"The No Meat Athlete". An article on this site, written by Matt Frazier, contains a formula for making one's own "Ultimate Energy Bars". Some of you might find this interesting, so here is the link: <http://www.nomeatathlete.com/homemade-energy-bar-recipe/>

I just made a batch of these, using my own choice of ingredients, and they turned out great!

Please keep in mind that I am not advertising any specific products, just simply giving information that some might find helpful, especially if you'd like a change of pace in the after-workout choice of foods.  
Enjoy!