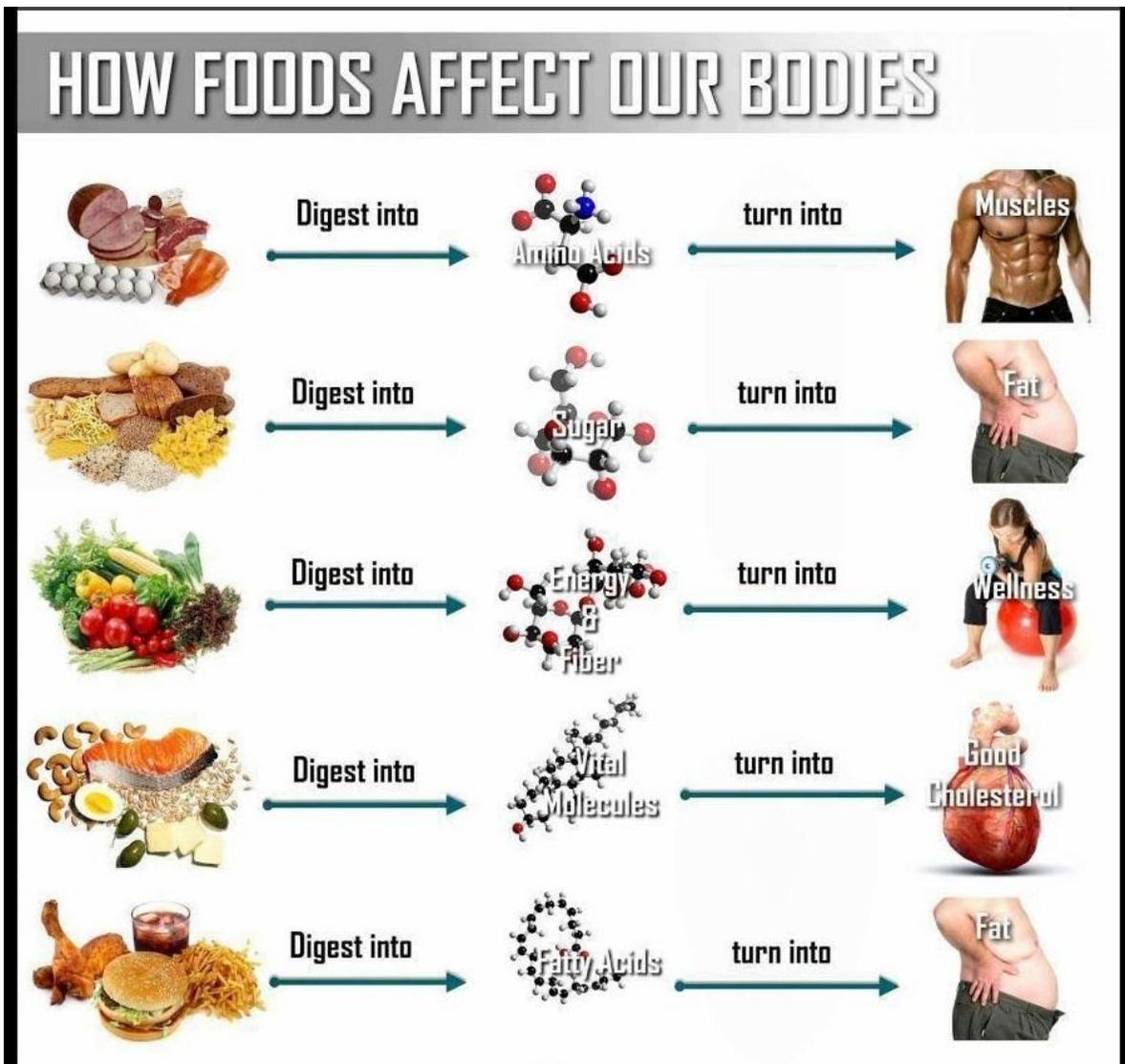


# You are what you eat

**By: Greta van Meeteren**

We've all heard the saying: "you are what you eat." In the May-June 2013 issue of "Swimmer" Magazine is a list on pages 12 and 13 of the 10 things nutritionists say you should never eat. Many of these things speak for themselves, and yet, sometimes, we are tempted because these so-called "convenience foods" are, well, convenient, especially after a hard workout after which you have to get to work or to other obligations.

The very clear graph below was brought to my attention very recently, it's source is the Facebook page JEFIT. They have a very interesting web page: [www.jefit.com](http://www.jefit.com), you might want to check it out.



In the December 2012 issue of Across the Lanes I referred you to the website:

<http://www.nomeatathlete.com/homemade-energy-bar-recipe/>

I have worked my way through a number of varieties of the energy bar "formula" that is available on this website, and with good success. You get a sufficient dose of protein and other valuable nutritious foods without the added sugars and starches you do not need. And better yet: they taste great. I make a batch of these bars (9x13 pan - cut into 8 servings so these bars make a true meal replacement) wrap each individually in foil and freeze what I don't need immediately. While I'm normally not given to writing recipes I thought I'd include one in case you'd like to try:

- 1 can of black beans, drained and rinsed. Put these back into the can and refill with clean water to cover the beans, that gives the right moisture to the recipe.
- ¼C flax seed + ¼C water
- ¼C honey or agave nectar
- ¼C unsweetened applesauce
- ¼tsp sea salt
- 1 tsp cinnamon
- 1 tsp vanilla

Put these ingredients in the blender and process until smooth.

Transfer to bowl and add in:

- 1½ C oats
- ½C hemp protein
- ¼C brown rice flour and ¼C almond meal flour
- ½C chopped prunes or almonds
- ½C dark chocolate chips

Grease a 13x9" pan with baking spray or rub with 1TBSP oil, then spread mixture into pan. Bake at 350 degrees for 15-18 minutes.

Hope you enjoy this and will want to try more varieties! **Let me know what you think.**