



ENERGY Bars

*got this recipe from a guest who made them for all of us after we did a big race;
a huge hit so I figured I should share. these would be great pre or post big trail adventure!*

From the kitchen of : Crew at Creekside Cabins of Colorado

For: Our fabulous guests

ingredients:

- 3/4c. your favorite natural creamy peanut butter (I use almond butter)
- 1/4c. honey
- 6T. water
- 1c. chocolate whey protein powdered drink mix
- 2c. your favorite granola - cereal
- 1/2c. dark chocolate chips

directions:

1. line an 8x8" pan with foil, extending the foil up sides of pan
2. place peanut butter and honey in microwave-safe bowl, and microwave on high for 30 seconds
3. stir microwaved mixture, and then back on another 30 seconds
4. stir until mixture is smooth
5. whisk water and powdered drink mix until well blended. Add that to peanut butter mixture. Stir until smooth.
6. fold in granola and chocolate chips until everything is evening moistened
7. press evening into prepared pan
8. chill an hour, cut into bars, hike up Longs Peak! (just kidding, you will need to plan and prepare before doing this hike!)

serves: more than 2

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