

REBOOT#5 – Pampy’s Energy Bar.

While I have listed dozens of healthy grazing snacks throughout the Reboot Menu Plans, every Reboot Program, I typically receive a few requests for something, say, more commercial.

Well, here is my trusted snack bar.

I enjoy this option between meals when my exercise volume is higher, during longer training sessions, and when I’m on the road working.



Pampy’s Energy Bar

Ingredients

- 2 cups whole almonds.
- 2/3 cup powdered egg white.
- 4 tbsp pure powdered cocoa.
- ½ cup unsweetened shredded coconut.
- Pinch of sea salt.
- 1 tbsp lemon zest.
- 1/3 cup raw organic honey.
- 1/3 cup boiling water.
- 1 tbsp vanilla.
- ½ tsp Ground Cinnamon.

Method

- ✓ Grind dry ingredients in a mixer or by hand.
- ✓ Mix honey, boiling water, lemon zest & vanilla and add to the dry mix.
- ✓ Mix all ingredients well.
- ✓ Press into a dish and allow to sit for 2 hours.
- ✓ Cut into bars.
- ✓ Keep refrigerated – lasting one week.

Enjoy.