

BARS OF IRON

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I don't know about any of you out there in cyber-mtbike-land, but I was getting tired of buying Powerbars and other nutrition supplements to enhance my riding. However, I do understand the benefit of having a quick, nutritious snack that is full of energy on hand during a ride.

So I asked around and came up with a recipe for Powerbar-like bars that seem to have a lot of what we need. I'll place the recipe here on the Usenet for all to copy, distribute ... [but please don't market them, cause I'll only kick myself for not doing it first ;-)]. Please make them and enjoy them before you think about flaming me. Trust me, you'll like them much more than Powerbars, and they're cheaper to make than to buy their counterpart.

1 Cup dark raisins	1 ½ teaspoon baking powder
½ Cup golden raisins	½ teaspoon baking soda
1/3 Cup butter or Margarine	½ teaspoon salt
½ Cup sugar	½ teaspoon ground ginger
1 egg	½ Cup liquid milk*
1 ¼ Cup Whole Wheat Flour	1 Cup quick cooking oats*
¼ Cup toasted wheat germ	1 Cup sliced almonds (optional)
½ Cup golden molasses (dark is ok also)	
½ Cup Nonfat dry milk	

Chop raisins (in food processor if possible). Cream butter, sugar, molasses & egg. Combine flour, dry milk, wheat germ, baking powder, baking soda, salt and ginger. Blend into creamed mixture with liquid milk. Stir in oats, raisins, and half the almonds (if desired).

Pour into greased 13x9x2 inch pan and spread evenly. Sprinkle with remaining almonds (if desired).

Bake at 350 degrees for approx. 30 minutes. Cool in pan and cut into 1x4 inch bars.

*July 30, 2009. Notes from Sally Entlich, CCBC Webmaster:

For liquid milk, I used whatever was in my refrigerator at the time – probably skim milk.

For oatmeal, I used regular, not quick-cooking.

Because there are no chemical additives to maintain shelf-life, I recommend wrapping each bar tightly in plastic wrap. Place them in a large baggie and freeze. They keep very well this way.