



The Happy Body Bars

BY ANIELA & JERZY GREGOREK

In the past, we used only commercially-made snack bars. Families liked the bars, and children started eating them.

This led to the question as to whether the bars are really healthy. Mothers became concerned about preservatives and unhealthy ingredients used by the manufacturers.

We then decided to make our own bars because the only way to make them really healthy is to make them yourself. That way, you can control the ingredients, and they will be fresh.

I went into the kitchen and started experimenting. It took me three years to figure out how to do this. Now we make them weekly. We don't buy bars in stores any more.

We make what we love. We make them like soups. We evolved, so I can open the drawer and pick out the ingredients that I like and do things intuitively, so they become the bars we will "never eat again," because they are always different. Now, I can make 20 bars in ten minutes, which lasts our family two weeks.

The problems with store-bought bars

There are two main problems with snack bars available in stores.

First, these bars have ingredients that many people would prefer not to consume or maybe cannot consume, because of food allergies.

Second, such bars are not fresh. For purposes of shelf life, they contain preservatives.



STORE-BOUGHT BARS ARE FILLED WITH PRESERVATIVES AND OTHER UNKNOWN INGREDIENTS.

The advantages of having a snack bar

The advantages of having a snack bar, as opposed to eating the loose ingredients, are: first of all, convenience, and secondly, adherence to a designated number of calories.

This guide is offered in response to numerous requests over the years from The Happy Body clients who have asked for direction about exactly how to create these healthy snack bars.

ANIELA & JERZY MAKE THEIR BARS WITH ALL NATURAL INGREDIENTS





the happy body bars

Making your own food helps create a spiritual “connection” with what you eat, because you are creating it with your own two hands, based on your likes and needs. This enhances your appreciation of what you consume and also serves to regulate how much you eat, as you yourself take an active role in setting individual portions. You will make a visual connection between the volume of your intake and number of calories. With a little practice, the process of making your own healthy snack bars and soups will become as easy as it is enjoyable.

Since the recipe for our bars changes every time we make them, here is a simple guideline for ingredients. Feel free to mix, match, and follow your own tastes!

INGREDIENTS

- Dried fruit** Three categories of dried fruit are filler (any dried fruit), bonding (dates and figs), and taste (raisins for sweetness and dried cherries or cranberries for sourness).
- Nuts** Select those you like the most.
- Seeds** We use flax, pumpkin, and sunflower seeds. Flax seeds are ground to ease digestion.
- Chocolate** Use raw chocolate nibs or powder, or a chocolate bar that is at least 70% dark.
- Spices** We prefer allspice, anise, cinnamon, clove, fennel, ginger, nutmeg, and vanilla powder.



the happy body bars

(CONTINUED)

DIRECTIONS

First, gradually place the filler fruit and then the chocolate into your food processor, blending until the mass becomes dark brown and smooth.

After stopping the food processor, add the bonding fruit, blending until you see small pieces of the fruit in the dark brown mass. Do not blend until the point that everything is one color.

Next, one after another, we add more dried fruit, pumpkin seeds, sunflower seeds and pistachios. Blend all the ingredients together until the mass becomes evenly distributed but still chunky. Stop when the mass is dough-like.

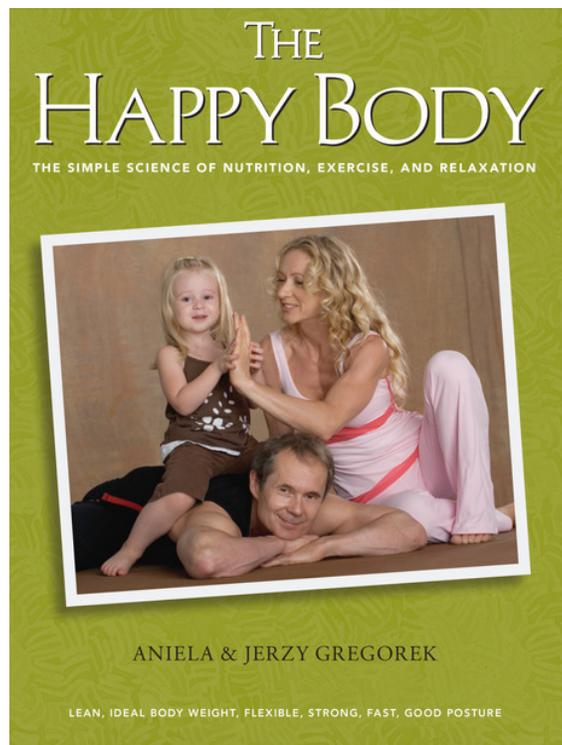
Remove the mass from the food processor and place it on the cutting board. Knead the mass into a loaf. Then cut the loaf in pieces according to desired portion size.

Now that the bars are made, wrap them individually in plastic. You could also use wax paper or tin foil.

Keep the bars in the fridge or a cool dry place to maintain freshness. It is best to consume the bars within a week. Because the bars contain ample amounts of fiber, it is best to eat them along with plenty of water. The bars can also be paired with coffee and tea.

Enjoy Simplicity and Freedom

Check out The Happy Body book on Amazon



<http://amzn.to/2tKSCfe>

