

Superfood Healthbars



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by Roald Boom

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SUPERFOOD HEALTH BARS

An easy, healthy and tasty way to lose weight, save money and gain health!

By Roald Boom

Find more information about Roald Boom's work at:

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Pre-face

More clearly than ever can we see that the foods of our modern civilization are no longer as healthy and nutritious as they used to be.

Although for many years it seemed that our modern technologies were bringing abundance to our lives, those ideas were short lived and now, the reality of what we have created is starting to dawn on many of us.

The abuse of the rich soils our giving planet once had, have been depleted to a large extend. This has led to an exponential increase in the use of pesticides and herbicides, which in turn leads to even more soil destruction.

Not only are we killing the soils in this manner, but we are also poisoning ourselves by eating the products that come from these destructive farming practices.

The way of processing natural products also causes a depletion of the nutritional value in them and the preservatives added to these processed foods, introduce even more chemicals into our bodies.

The larger part of the businesses in food industry and the organizations that should supervise them do not seems to know much about food or care about good healthy food.

So how can we be sure to consume healthy, clean, nutritionally rich foods?

Most of us these have busy lives and rarely have the time, money or resources to prepare 3 to 5 meals a day, let alone 3 to 5 healthy meals a day!

When I was confronted with that dilemma I just started to change my eating habits slowly, literally step by step.

Now, I eat around 4 times a day and 2 of those meals are my own homemade Superfood Health Bars.

They are incredibly tasty, full of nutrition and really easy to make. In fact, **I now spend only 1 hour a week to prepare the Superfood Health Bars** for our family of four, my wife, two sons and me.

Yes, that is correct, it takes me just one hour a week to prepare around 60 meals for 4 people! **That is around 60 meals in only 60 minutes.**

So, I now only spend 1 minute per meal.

But these Superfood Health Bars are not just any meal. Together with my daily super smoothie, these Superfood Health Bars make up around 90% of the essential nutrition that my body needs to not just survive, but thrive!

But that is not all.

Within days after I started to eat the Superfood Health Bars, I noticed an **increase in my energy levels** and after about a week or two, I noticed that the **unwanted body weight was starting to come off** as well.

It took us about 6 weeks, when we noticed that our grocery bills were going down and after doing the math, I realized we are **saving at least 25% on our grocery bills.**

The Superfood Health Bars are also incredibly handy to take along with you to work or on days out. The kids love taking them to school or when they are out doing their sports or skating with their friends.

I am convinced that once you try out the Superfood Health Bars, you will enjoy all these benefits and never go back to your old eating habits.

To your health!

Roald Boom

Introduction to Superfood Health Bars

So, what are Superfood Health Bars?

Simply said, **Superfood Health Bars are a Paleo Superbar!**

The bars are made by mixing a variety of different dried nuts, seeds, fruits, protein powder and any other superfood of your liking. Then mixing in some liquid as a binder, packing the moistened mix into molds and putting them in the fridge for to firm up.



Once the bars are firm, they can then be removed from their mold and cut into convenient sizes depending on your personal preference. If you keep the Superfood Health Bars in an air tight container and refrigerated, they will stay good for at least two weeks.

The combinations can be picked just to create certain favorable tastes or be carefully selected to target your specific nutritional needs.

The possible variations are only limited by your own imagination!

So, let dive right into making some Superfood Health Bars, shall we?

Ingredients

Most of the ingredients that I used for making my Superfood Health Bars are the dried foods of a Paleolithic diet.

We are talking about a hunter-gatherer's diet, so for the Superfood Health Bars that means mostly **nuts, seeds and dried fruits**.

I add a good organic granola as the basis to the bars. This natural blend seen here in the images on the right already contains a decent amount of dried coconut, papaya, banana and pineapple.



I also added maca powder, hemp protein, shelled hemp, ground golden flax, amaranth flour, coconut flower and other ground superfoods including moringa oleifera powder from my own organic permaculture farm.



I have photographed most of the ingredients that I will be using in this report and these include a large part of the ingredients that generally use in my Superfood Health Bars.

This is by no means a list of all the nuts and seeds that are available on the market, but just the ones I used in this batch.



Almonds



Nut mix



Nueces



Pumpkin seeds



Sunflower seeds

Nuts & Seeds: Walnuts, almonds, flax seeds, cashew nuts, Brazilian nuts, chestnuts, hazelnuts, pistachio nuts, pine nuts, pecan nuts, macadamia nuts, Chia seeds, flax seeds, hemp seeds, pumpkin seeds, sunflower seeds, sesame seeds & safflower seeds.



Golden flax



Hazelnut flour



Flax seeds

Due to our geographical isolation and relatively small community, I am often unable to get all the ingredients I would like to have. This limitation forces me to order my own ingredients from abroad. It is also a good idea to have some big bags of good organic trail mixes in stock. These often include a good variety of fruits, seeds and nuts.



When it comes to fruits, I often add quite a large amount (say 25%) to my Superfood Health Bars mixes. I like the fruity flavor it adds to the bars and dried fruits are also softer than the nuts, giving the bars a nice texture.



Dried organic papaya, dates, raisins, plums, apple, pineapple, mango are all fruits that make a great addition to your Superfood Health Bars.

Remember that some fruits are high in sugars, so if you have certain conditions that require a low sugar intake, keep the sugary fruits to a minimum. Otherwise, enjoy these fantastic tasty gifts of Mother Nature.

The research on coconuts is proving this to be an extraordinary seed and therefore I like to add a generous amount of organic rasped coconut to most of the mixes.

Goji berries have been found to be probably one of the most nutritious fruits around and include high amount of antioxidants.

Cranberries have great health benefits as well and make another great addition to the mix.



By adding chocolate in (preferably in the form of cacao nibs), you can enjoy the occasional sensation of a taste burst, as these ingredients tend to stand out while you are eating the Superfood Health Bars.

Cacao has been found to have more flavonoid compounds than any other substance know and is known to be a superfood in its own right.



I did not have any cacao nibs while making this report, so I used chocolate drops with a high (78%) cacao content and insures a low amount of added sugars to the bars.

Cinnamon is another taste bursting ingredient, especially when added as flakes. Later on, I will be adding raw honey from my own backyard beehives and it is said that cinnamon, in combination with raw honey, gets rid of most flues.



As you experiment with different combinations and amounts, you will start to find certain consistencies that you prefer and depending on your personal preferences, you can add more or less of the desired ingredients.



That pretty much wraps it up for what concerns the main dry ingredients, so let's get our dry mixing going.

Preparing the Bar ingredients

When it comes to mixing you will need a decent blender or a food processor. I personally use a Vitamix blender with a dry blade.

Blending is necessary to reduce the size of many of the ingredients to a more practical size for the bars. The bigger the chunks are, the more likely it is that the bars will crumble when you cut them into chunks later.

You can experiment with the sizes of the granules, but as a general rule I keep them between powder and 2mm (1/8th inch) pieces.

You want to keep the dried fruit and the oily nuts from sticking to the blade. To do this, add some dry granola to the mixer and add no more than that same amount of nut, seeds and/or dried fruit. The mix should end up



looking like these images below and will be more or less fine, depending on the moist and oils in the ingredients.



When mixing oily nuts, you find that it may be necessary to add a bit more dry granola to the blender to keep the blender pulling the material in.

Many of these pre-mixes are great to eat as they are, especially the nutty one. My youngest son tends to join me in making the bars and always munches on the fine nutty mix blends. These taste almost like peanut butter, but have a more wholesome flavor to them.



Blend the ingredients this way, batch by batch and add them to a big mixing bowl.

Then add all the ingredients that were already in powder form (protein powder, maca powder, cacao powder, moringa powder, etc)

Add a few handfuls of the larger ingredients that you would like to stand out. I usually add some raisins, chocolate nibs, sunflower seeds, pumpkin seeds, etc. This way they will remain intact and give the Superfood Health Bars a sensational burst of flavor when eaten.

Binding the Bars

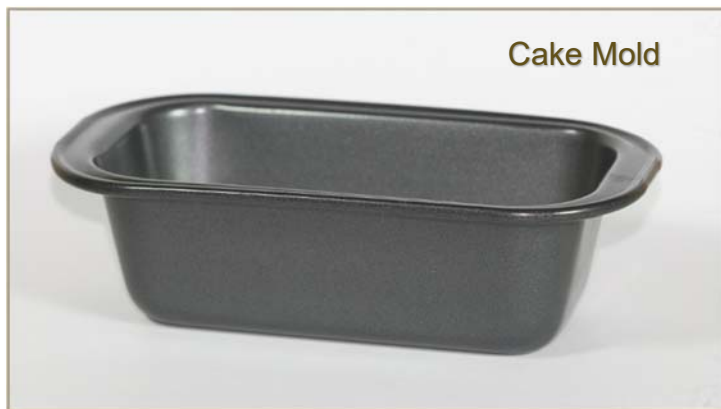
Once the dry mixing is complete, some form of liquid needs to be added into the Superfood Health Bar mix to function as a binder, basically only to make it stick.

Almost any healthy liquid can serve as a binder, but I mostly use filtered water, raw honey and organic peanut butter.

Make it a thick but still runny mixture and add a little to the Superfood Health Bar dry mix. With a large sturdy mixing spoon, stir the mix until you have a moist Superfood Health Bar mix. Add the binding mixture bit by bit to prevent adding too much liquid, resulting in a soggy mix. Too little moist makes the Superfood Health Bars crumble too easy. Letting the mix stand for several minutes between stirring allows the moist to spread throughout the bowl ingredients.

Brush some coconut oil into a good anti-stick cake mold and start adding moist Superfood Health Bar ingredients to the mold.

I generally fill the mold to the rim of the mold with loose material and then compact the material with my 4 fingers shaped the way gorillas do with their upper hands when they walk. Slowly turn the mold and press the mix down to compact it firmly.



Add another layer and repeat the pressing until you have filled the mold to the desired height. I usually leave the mix just a notch below the rim, so that the bar will be easily removed later.



Then cover the mold with some saran wrap and put the completed molds in the refrigerator for an hour or until you are ready to eat them.

To release the Superfood Health Bars from the molds, just allow the mold to warm up a bit. That way the coconut oil melts and with a firm smack upside down, the Superfood Health Bars will come out beautifully.



Storing the Bars

Superfood Health Bars can be stored in the fridge for at least two weeks.



The bars are extremely easy to take along with you to work, to the gym or on your adventures into the outdoors. Small, but packed with nutrition!

Our kids take them to school in their lunchbox for an easy, fast but healthy meal.

Instead of the more unhealthy foods they tend to sell at school, these bars makes for a great alternative.



Cacao Superfood Health Bar

Different Variations

You can experiment with all kinds of different variations. Sometimes you might add more fruit, other times more nuts.

In some of the Superfood Health Bars you can let the cacao dominated the taste, in others the peanut butter.

You can make the sweeter with honey, agave syrup, stevia or molasses.

The variations are almost unlimited and over time you will find the combinations that you like most.



Chocolate, sunflower seeds & coconut

Play around with and enjoy the great taste of your Superfood Health Bars. I always enjoy the taste of these Superfood bars and never get bored.

One of the greatest things is the fact that they are healthy and extremely nutritious, so I never have the problem or fear that I eat too much.

Closing Comments

It is said that: “*You are what you eat.*” Now, we are more than what we eat, but food is certainly the larger part of what our body becomes.

Science says that our skin replaces all its own cells almost every month and our bones every 6 to 10 years. It can only replace itself with what you eat, drink and with the sunlight you receive.

If you eat unhealthy food, you can expect an unhealthy body and an unhealthy body, leads to an unhealthy mind, a poor wellbeing and thus, a low quality of life. Almost all disease comes from poor nutrition.

In turn, if you eat good, healthy, organic, nutrient rich foods, your body will be healthy and vibrant. A healthy body will result in a high level of wellbeing and a strong immune system.

You will have a strong resistance to disease and a much smaller chance of becoming ill.

**“Let your food be thy medicine and
medicine be thy food”**

- Hippocrates

I trust the introduction of Superfood Health Bars into your daily life will contribute to a healthier lifestyle.

There are many more easy ways to change your eating patterns, such as: super smoothies, permaculture omelets and much more. I will be touching on those any many more subjects in other reports and videos, so make sure to subscribe to my newsletter.

To your health,

Roald Boom

For more information about Roald, visit his website at:

www.roaldboom.com