

# GEAR PATROL

FOR LIFE'S PURSUITS™

## The Craftsmanship Issue

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## MAKE AN ENERGY BAR

**1. Pantry raid:** You'll need honey, peanut butter and a mix of dry items to form the base — a mixture of organic raw oats, dark or milk chocolate chunks, and raisins is a good start.

**2. Melt 'n' mix:** Place peanut butter and honey in a saucepan over medium heat and stir together until soft and runny. Meanwhile, mix together dry ingredients.

**3. Remix time:** Add peanut butter and honey mixture to dry ingredients and stir to evenly combine.

**4. Play with your food:** Using your hands, form the mixture into whatever basic shapes you like. Refrigerate overnight on a nonstick surface and you'll have delicious and energy-dense workout fuel in time for breakfast.



**PRO TIP:** Vary portion size for more refueling options later says Kate Schade, founder of Kate's Real Food, and hand-rolled bar-making boss.

