



# BROOKLYN\_BORN

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## What do you think this is? A bag of dirt? Dog food?

Friday, March 29, 2013



No, this is just one of my recipe failures.

Seeking a healthy eating lifestyle meant avoiding processed foods as much as possible and cooking more "from scratch." My household talents have always been at both ends of the spectrum. I'm a great seamstress. I can make anything. In the kitchen, however, I've had some legendary disasters.

Mostly I gather recipes from friends who know my limitations and resources that cater to those for whom cooking is a necessity, not a pleasant pastime. I dislike standing by the stove as much as others dislike going to gym (one of my favorite places).

In an effort to get more protein in my diet I began to buy "high protein" bars (18-20g). There were 2 problems. They are VERY expensive and I didn't like the long list of ingredients. Some low in sugar used a substitute instead. As a personal choice, I avoid those. Some substitutes were new to me – like sugar alcohols which have many different names.

So I decided to make my own and for several batches had great success.

There were only a few ingredients (Natural peanut butter, protein powder, honey, oats, cocoa, water) and quick to make. They tasted good too. Even DH liked them and they were considerably cheaper than the commercial products.

Then I made a substitution. A natural peanut butter company sells a product that combines pnb with dark chocolate. Wouldn't that make the bars more chocolaty? There may be more chocolate, but I could no longer call them bars.

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They broke apart when I tried to cut them up and crumbled into dust when I tried to pick up some pieces. Thus the plastic bag storage solution.

Lesson learned: The natural peanut butter has more oil to serve as a binding agent. I guess better cooks would have known that.

However, all was not lost. I used it all up. It made a great addition to my daily yogurt and a few times it was even a topping on ice cream. I'm too thrifty to just throw it away.

Edit:

Here's the link to the original recipe. It's on SP.

[recipes.sparkpeople.com/recipe-detail.asp?recipe=662771](http://recipes.sparkpeople.com/recipe-detail.asp?recipe=662771)

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**SADWHITEWOLF**

Do you mind sharing some of your more successful protein bar recipes? I too have a problem with the price/sugar levels/taste of most commercial bars.  
2995 days ago



**SADWHITEWOLF**

We all have those moments. I learned a couple of years ago that when trying make my zucchini bread even MORE healthy that some oil is still needed to bind things together.  
2995 days ago



**CD6329775**

So MANY of my tries at baking have turned to disaster. I don't think I have the patience.  
2998 days ago



**SUNSET09**



Wow~ It's all a learning opportunity and the best thing is that, now you know to share

with others and you were able to use it in spite of it all.  
2998 days ago



**AUSFAM**

LOL! We've all had days like that. :)  
2998 days ago



**DR1939**

I've had a few of those in my lifetime. I like to cook, but sometimes even experienced cooks



make really big mistakes. Low calories foods are at high risk of this.  
2999 days ago



**NINJALINDA**

I am going to steal ,a quote from you, ' I dislike standing by the stove as much as others dislike going to gym (one of my favorite places).' Yep...me too! Success or failure, I'm impressed you're trying!



2999 days ago



**HLTHYLIVN\_BAM**

I love that you admitted to the disaster, rather than just making it look pretty and posting it as a new "protein crumble".....which by-the-way it is :).



I actually love adding crunch to my yogurt via granola, so it sounds like a great recipe.  
2999 days ago



**CAKEMAKERMOM**

The most fabulous disasters sometimes turn into the biggest learning experiences. At least you were able to salvage it today.



I've made things that turned out inedible and had to go to frozen back up plans.  
2999 days ago



**LOLATURTLE**

Heh. I LOVE to cook, but my mom does not, so I know how you feel.



Thanks for posting the recipe link! I'm going to use it as a starting point for some protein bar experiments.  
2999 days ago



**MISCHAKEO**

Thanks for sharing. It looks like a good recipe. Cooking is one of my delights, but then there are the times that you do all the work of following a recipe and it does not turn out. I am glad your original one worked, I have test batch of fish going on in my fridge.



Love peanut butter in any form! I am trying to stay away from processed foods also..but as you say, it is more work!



2999 days ago



**LE7\_1234**

I never thought of making my own... Thanks for the great idea! (And congrats on finding a way to make use of the... less successful batch.)  
2999 days ago



**SLENDERELLA61**

Love that you are making your own protein bars. I should try that. I do buy them from time to time and don't like all the ingredients. Thanks for the link to the original recipe. I admire the way you use the crumbs. Of course, they are delicious and nutritious even if they make you think of inedible substances! Thanks for an entertaining blog, too! I think anyone who makes their own protein bars and protein crumbs cannot call themselves culinarily challenged. I'm impressed!! - Marsha  
2999 days ago



**CELIAMINER**

I like how you made ice cream topping when life handed you crumbs! Your PB and chocolate sounds like Peanut Butter & Co. We love their products and usually eat it with apple slices. I really like the PB and Maple.  
2999 days ago



**JAHINTZY**

teehee I consider myself a pretty good cook, and I have disasters not dissimilar to your crumbly protein bars. I like the idea of putting it on yogurt as an alternative :) for me cooking is playing chemist with food, and I always loved chemistry through school so it works.  
2999 days ago



**ELLENIRENE**

it probably still tastes good  
2999 days ago



**WATERMELLEN**

Great alternative use! Bet it tasted good anyhow!





And: you didn't waste it . . . even better.  
2999 days ago



**MISSUSRIVERRAT**

Guess you invented something new! I'd eat it with a spoon.  
2999 days ago



**WILSONWR**

I'm like you in that I won't waste any "disaster" if I can find a use for it. If you don't mind, would you email (or post) your successful recipe for protein bars? I would love to try something that is a little healthier (and less expensive) than those commercial bars.  
2999 days ago



**SLIMMERJESSE**

Oh well, at least you were still able to use it.  
2999 days ago



**DAPHNE\_RUNS**

Love your blog. If at first you don't succeed...keep trying. I think it is great that you are making things from scratch. I do the same whenever I think about buying a frozen or boxed meal. I know I can replicate the meal in a healthier, fresher way. For me, I don't mind cooking, it all depends on the kitchen setup; I need a lot of space.



You are what you eat 🍴  
2999 days ago



**BOILHAM**

Sounds terrific sprinkled on yogurt. The silver lining in this cloud is that you've discovered a new use for your concoction. I bet it would have been good mixed in, or sprinkling on oatmeal, too!  
2999 days ago



**CD2244567**

YOU CAN DO IT! WE CAN DO IT! KEEP PUSHING!  
2999 days ago



**BIGDOG18**

👋  
2999 days ago



**ANNIEONLI**

I like how you were resourceful in the use of it afterward - I would have done the same thing!  
👍  
2999 days ago



**TENACIOUSTRISH**

bran of somesort?  
2999 days ago



**COCK-ROBIN**

That's how you learn. Even the greatest chefs had their moments.  
2999 days ago



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