

PureFit Nutrition Bars (Gluten-Free)

By Sarah Hatfield of No Whey Mama - Bike Magazine named PureFit Nutrition Bars "Nutrition Bar of the Year", and that seems to fit. The bars are slightly dry for my taste, but I can see that this would be an advantage for bikers, hikers, and others who don't want their bars to melt en route. While I was hoping PureFit bars, which are free of dairy, wheat, gluten, artificial sweeteners, hydrogenated oils, and trans-fats, would be a hit with my young family, alas, they were not. However, my fitness-minded mother and my not-so-fitness-minded self enjoyed them.

Peanut Butter Crunch – This bar was far and away the favorite of everyone who tried it. It has a good peanut butter flavor, and the "crunches" add some needed texture. The flavor and consistency remind me of the no-bake peanut butter candy I used to make every weekend in elementary school until my family begged me to stop. But unlike that candy, these bars have no dairy!

Chocolate Brownie – The chocolate bar was the second favorite of my tasting team because, hey, it's chocolate. However we all felt that the Chocolate Brownie bar would benefit from the texture of the "crunches" that are in the other two bars.

Almond Crunch – This flavor was the least favorite of everyone who tried it. It seemed too sweet and too bland for our tastes. My mother suggested combining the Chocolate Brownie and Almond Crunch flavors, which I think is a great idea. The Almond Crunch needs the added depth of flavor the chocolate would add.

Pros:

- Kosher
- Nondairy
- No cholesterol
- No wheat or gluten
- No artificial sweeteners

Cons:

- Dry texture
- Contains nuts
- Contains honey
- Manufactured in a plant that processes milk, egg products, and nuts

Recommended for:

- Athletes
- Travelers
- Those on a GFCF diet

Where to buy: online at www.purefit.com and in certain gyms and health food stores