

ALL NATURAL ENERGY GEL NUTRITION

Gels alone are not considered a balanced diet, but instead a concentrated form of carbohydrates to rejuvenate depleted resources. This recipe for homemade goo is a blend of common household items that take an average gel to the next level! Quinoa is an ancient grain packed with fibre and amino acids. Black Molasses has Iron, Potassium, Manganese and Calcium Peanut Butter is for many a staple and a welcomed source of salt and protein. Raw Honey is packed with essential nutrients and brings a welcomed sweet taste to goo.

Serves: 15, Prep time: 00:20, Cook time: -

Instructions

Be forewarned: making energy gel at home can quickly become a sticky mess if you are not prepared! With this in mind, make sure you have the proper gel containers, otherwise you’re going to be dancing with danger. In my opinion, the best gel containers are reusable and leakproof baby food pouches. Pouches come in a variety of sizes, seal very tightly and are reusable. Method to mixing and storing gel:

1. At home combine all ingredients (see recipe below) into a mixing bowl and

Ingredients

- 3 tablespoon Honey
- 1 teaspoon Black Molasses
- 1 tablespoon Peanut butter
- 0.5 cups Ground Flaxseed
- 1 pinch or to taste Sea Salt, Pinch
- 0.5 teaspoon Ground Coffee

stir until you have a smooth and consistent goo.
2. Let the goo chill in the refrigerator for 15-20 minutes until it begins to slightly harden.
3. Take the goo out of the fridge, and using a small ice-cream or melon scooper, scoop rounds of the goo and gently place inside the storage container.
4. Tightly seal the container and return the pouches to the fridge or freezer until they are ready for use.

Instructions

1. At home combine honey, molasses, peanut butter, flaxseed, salt and ground coffee (you can replace with instant coffee if preferred) into a mixing bowl and stir until you have a smooth and consistent goo.
2. Let the goo chill in the refrigerator for 15-20 minutes until it begins to slightly harden.
3. Take the goo out of the fridge, and using a small ice-cream or melon scooper, scoop rounds of the goo and gently place inside the storage container.
4. Tightly seal the container and return the pouches to the fridge or freezer until they are ready for use. (Cooked quinoa lasts 6-7 days refrigerated 8-12 months the the freezer - when stored properly)

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