

SWEET TREATS

Here are four tasty options when you need an extra shot of energy to keep you going on a long ride or run



1

Honey Stinger Waffles (vanilla) \$1.39

Released earlier this year, the vanilla flavor of Honey Stinger Waffles is a delicious twist on the honey-based waffles, which look and taste almost exactly like *stroopwafels* sold in the streets of the Netherlands and popular among European cyclists. Originally suggested by Honey Stinger co-owner Lance Armstrong, these waffles are quickly becoming a favorite among triathletes looking for a quick 160 calories of organic energy. Honeystinger.com



2

Iron Girl Energy Bar \$0.99

PowerBar and Iron Girl teamed up this spring to create the new Iron Girl Energy Bar, available at Target in cocoa crunch or strawberry and cranberry flavors. Inspired by the Iron Girl events, this bar is made specifically for women, containing calcium, B vitamins and iron. It's soft and chewy, made with real fruit or cocoa, and contains 160 calories, 3 grams of protein and 29 grams of total carbs (in the strawberry and cranberry flavor). Irongirl.com



3

Nutrilite Energy Bar \$20.97 for box of 9 bars

From Nutrilite's line of sports nutrition products come these delicious energy bars, which contain 18 grams of carbohydrate, 14 grams of protein and 180 calories (vanilla pretzel flavor). Also available in chocolate nut roll (the most popular) and mixed berry smoothie, these bars have antioxidants and are chewy and not too sweet. The pretzels add a great crunch in the vanilla pretzel flavor. Nutrilitehealth.com



4

Clif Bar (coconut chocolate chip) \$1.39

Clif Bar just added coconut chocolate chip to its flavor lineup of the company's original (and best-selling) energy bar. It has all-natural ingredients and is 70 percent organic, with an incredibly tasty yet light flavor. With 43 grams of carbs, 10 grams of protein, and 240 calories, it'll give you a boost (plus a great aftertaste). Clifbar.com

