Canelith

NUTRITION COLLECTION

FREE SAMPLE









FREE SAMPLE · MAKE YOUR BAR

Make your bar

3 sample recipes from the full book, which has 32. Try them and, if you like them, get the book at canelith.com/en/shop.

3 sample recipes | Free | Nutrition facts

INSIDE

1 The formula to invent your own bar
2 Ingredient table with calories and protein
3 Post-workout protein bars
4 Baked and no-bake, in an 8 × 8 in (20 × 20 cm) pan
5 Vegan, keto and gluten-free options
6 How long each one keeps and how to store it



Canela shows you how to read each recipe in two minutes.

How to use this recipe book

Every recipe has what you need to make it well and to know how much you're eating.

THE LABEL ON EVERY RECIPE

Just like on supermarket products: calories, protein, carbs, fat and fiber **for one serving**. If you eat two servings, multiply by two.

The values come from the grams of each ingredient, using data from the US Department of Agriculture (USDA FoodData Central). They're approximate: they change a little with the brand, the size and how you cook.

PER SERVING	
158	**kcal**
Protein	**5.5 g**
Carbs	**18 g**
Fat	**8.0 g**
Fiber	**2.5 g**

IF YOU'RE CUTTING

You want to lose fat without losing muscle: you eat a little less than you burn and keep protein high. Every recipe tells you what to remove or change to cut calories without going hungry.

IF YOU'RE BULKING

You want to build muscle: you eat a little more than you burn, with enough protein and carbs to train hard. Every recipe tells you what to add.

THE TAGS

VEGAN · VEGETARIAN · GLUTEN-FREE · HIGH PROTEIN · KETO-FRIENDLY · NO-BAKE · COLOMBIAN · QUICK

High protein: 20 g or more per serving. **Low carb:** 15 g or less. **Gluten-free:** no wheat, barley or rye; if it has oats, use certified gluten-free oats. **Vegan:** nothing from animals (no eggs, dairy or honey). **Vegetarian:** no meat or fish; may include eggs and dairy. **Keto-friendly:** 8 g or less of net carbs (carbs minus fiber) per serving; if you follow keto, watch your daily total, which is usually 20 to 50 g.

THE MEASURES

1 cup	240 ml
1 tablespoon (tbsp)	15 ml
1 teaspoon (tsp)	5 ml
1 scoop of protein	about 25 to 30 g (check the one in your tub)
Oven	°C with °F in brackets

Next to each ingredient you'll find its weight in grams (28 g = 1 oz). If you have a kitchen scale, use it: it's the most accurate way.

ABOUT PROTEIN POWDER

You can use the protein you already have or the one we recommend based on what you're after. If a recipe uses it and you don't have any, the recipe tells you what to swap it for (Greek yogurt, eggs or cheese).

Want a recommendation made for you? Book your coaching session at canelith.com.

Contents

NO-BAKE BARS

Toasted oat, peanut and panela bars p. 6

ENERGY BITES

Chocolate orange almond bites p. 7

POST-WORKOUT PROTEIN BARS

Frozen Greek yogurt protein bars with Andean blackberry p. 8



Build your gym bar

Bella: make the base recipe first. Once you've got it right, swap ingredients using the table on the next page.

BASE RECIPE · 12 BARS

1. In a bowl, mix the **oats**, **protein** and **chia**.
2. Warm the **peanut butter** with the **honey** for 30 seconds in the microwave (or over low heat) and stir.
3. Pour it over the dry mix, add the **milk** and mix with your hands until the dough sticks together.
4. Put it in an 8 × 8 in (20 × 20 cm) pan lined with parchment paper and press it down firmly with a spoon.
5. Chill for 1 hour and cut into **12 bars**. They keep 7 days in the fridge.

WHAT DO YOU WANT IT FOR?

Before training (1 hour before): eat 1 bar. It gives you energy without weighing you down.

After training: 1 bar with a glass of milk or a Greek yogurt.

If you're cutting: cut 16 bars instead of 12: they come out smaller.

If you want chocolate: add 2 squares of chopped 70 % dark chocolate (adds about 8 kcal per bar).

WHAT'S IN EACH BAR? HERE'S HOW TO WORK IT OUT

Add up what each ingredient in the pan brings and divide by the number of bars you cut. Here's the math for the base recipe:

INGREDIENT	AMOUNT	WEIGHT	KCAL	PROT. G	CARBS G	FAT G
Rolled oats	2 cups	160 g	606	21	108	10
Peanut butter	1/2 cup	128 g	753	32	26	64
Honey	1/4 cup	84 g	255	0	69	0
Protein powder	2 scoops	60 g	228	47	5	3
Milk	1/4 cup	60 g	20	2	3	0
Chia seeds	2 tbsp	24 g	117	4	10	7
Whole pan			**1979**	**106**	**221**	**85**
Each bar (total ÷ 12)			**165**	**9**	**18**	**7**

To swap ingredients

Want peanuts instead of chia, or banana instead of honey? Swap one ingredient for another from the **same group** and do the same math with this table: find what you used, add it all up and divide by the number of bars.

Base (the biggest part): oats, granola, puffed rice.
To bind: peanut butter, honey, panela, dates, banana.

Extras (just a little): seeds, peanuts, almonds, coconut, raisins, cocoa, chocolate.
Protein: whey or plant (to make it vegan, use plant protein and panela instead of honey).

INGREDIENT	MEASURE	WEIGHT	KCAL	PROT. G	CARBS G	FAT G
Rolled oats	1/2 cup	40 g	**152**	5.3	27	2.6
Unsweetened granola	1/4 cup	30 g	**135**	3.3	18	5.4
Puffed rice or rice cakes	1 cup	15 g	**58**	1.2	12	0.4
Shredded coconut	2 tbsp	10 g	**66**	0.7	2.4	6.5
Peanuts	2 tbsp	18 g	**105**	4.3	3.9	8.9
Almonds	2 tbsp	18 g	**104**	3.8	3.9	9.0
Walnuts	2 tbsp	15 g	**98**	2.3	2.1	9.8
Pumpkin seeds	1 tbsp	10 g	**56**	3.0	1.1	4.9
Chia seeds	1 tbsp	12 g	**58**	2.0	5.1	3.7
Ground flaxseed	1 tbsp	7 g	**37**	1.3	2.0	3.0
Peanut butter	1 tbsp	16 g	**94**	4.0	3.2	8.0
Honey	1 tbsp	21 g	**64**	0.1	17	0.0
Grated panela (unrefined cane sugar)	1 tbsp	12 g	**46**	0.0	11	0.0
Dates	2 dates	16 g	**45**	0.4	12	0.1
Ripe banana	1 medium	118 g	**105**	1.3	27	0.4
Raisins	1 tbsp	10 g	**30**	0.3	7.9	0.1
Whey protein	1 scoop	30 g	**114**	23	2.4	1.5
Plant protein	1 scoop	30 g	**114**	22	2.1	2.1
Cocoa powder	1 tbsp	6 g	**14**	1.2	3.5	0.8
70 % dark chocolate	1 square	8 g	**48**	0.6	3.7	3.4
Coconut oil	1 tsp	4 g	**36**	0.0	0.0	4.0

No-bake bars

Canela: Mix, press into the pan and chill. Ready in an hour.

Toasted oat, peanut and panela bars

Vegan · Vegetarian · Gluten-free · No-bake · Colombian

They taste like homemade peanut brittle. Best before training (1 to 2 hours ahead): the oats and panela (unrefined cane sugar) give you lasting energy.

⏱ 20 min · Easy · 12 servings · Resting time: 2 hours in the fridge

INGREDIENTS

- **2 cups** rolled oats 180 g
  use certified gluten-free oats if you need them gluten-free
- **1/2 cup (8 tbsp)** unsweetened peanut butter 128 g
  unsweetened, just peanuts
- **5 tbsp, grated panela (unrefined cane sugar)** 60 g
- **2 tbsp** water 30 g
- **1/4 cup** unsalted roasted peanuts, chopped 40 g
  unsalted roasted
- **1 tsp** cinnamon 2 g
- **1 pinch** salt 0 g

Swaps · If you don't have...

- Panela is also sold as piloncillo, raspadura, chancaca or papelón; if you don't have it, use 4 tbsp honey (then it's no longer vegan).
- If peanuts are pricey, use just the peanut butter and swap the chopped peanuts for 3 tbsp sunflower seeds.



PER SERVING

158	**kcal**
Protein	**5.5 g**
Carbs	**18 g**
Fat	**8.0 g**
Fiber	**2.5 g**

What it gives you: Carbs from the oats and panela for energy, healthy fats and some protein from the peanuts, and fiber from the oats.

METHOD

1. Toast the oats in a dry skillet over medium heat for 4 to 5 minutes, stirring, until they smell like cookies. Transfer them to a bowl with the chopped peanuts.
2. In a small pot, heat the panela with the water over low heat and stir for 2 to 3 minutes, until it melts and bubbles like a thick syrup.
3. Turn off the heat and add the peanut butter, cinnamon and salt. Stir until you have a glossy cream.
4. Pour the cream over the oats and mix with a spatula until no dry oats remain.
5. Line an 8 × 8 in (20 × 20 cm) pan with parchment paper, add the mixture and press down very hard with the bottom of a glass until even and compact.
6. Chill 2 hours, until firm, and cut into 12 bars with a large knife.

IF YOU'RE CUTTING
Cut 16 bars instead of 12 (about 120 kcal each) and skip the chopped peanuts.

IF YOU'RE BULKING
Have 2 bars, or 1 with a glass of milk or soy milk.

Tip: They keep 7 days in the fridge in a closed container, separated with paper, or 2 months in the freezer. If the panela hardens before mixing, warm it 20 more seconds with 1 tbsp water.

Energy bites

Minchu: Made in 10 minutes and kept in the freezer.

Chocolate orange almond bites

Vegan · Vegetarian · Gluten-free · No-bake

They taste like a chocolate orange bonbon. Best before training: 2 bites 30 to 60 minutes ahead.

⏱ 15 min · Easy · 14 servings · Resting time: 30 minutes in the fridge

INGREDIENTS

- **2/3 cup** almonds 100 g
- **1 cup** dates, pitted 150 g
- **3 1/2 tbsp** unsweetened cocoa powder 20 g
  unsweetened; 1 tbsp for rolling
- **zest of 1 orange** 8 g
- **1 tbsp** fresh orange juice 15 g
- **1 pinch** salt 0 g

Swaps · If you don't have...

- If you don't have almonds, use peanuts or sunflower seeds.
- Without an orange, use tangerine or lime zest.



PER SERVING

76	**kcal**
Protein	**2.1 g**
Carbs	**11 g**
Fat	**3.8 g**
Fiber	**2.3 g**

What it gives you: Carbs from the dates for quick energy, healthy fats and vitamin E from the almonds, and fiber.

METHOD

1. Process the almonds until they look like coarse sand.
2. Add the dates, cocoa (except the tbsp for rolling), zest, orange juice and salt and process 1 minute, until the dough comes together.
3. Shape 14 walnut-size balls with wet hands.
4. Roll them in the reserved cocoa and chill 30 minutes.

IF YOU'RE CUTTING
Have 1 bite (about 75 kcal).

IF YOU'RE BULKING
Have 3 bites or add 2 tbsp peanut butter to the dough.

Tip: Serving: 2 bites. They keep 2 weeks in the fridge or 3 months in the freezer.

Post-workout protein bars

Wilson: With 15 g or more of protein per bar.

Frozen Greek yogurt protein bars with Andean blackberry

Vegetarian · No-bake · Gluten-free · Colombian

Like a blackberry ice cream bar, creamy and with protein. Best after training.

⏱ 15 min · Easy · 6 servings · Resting time: 4 hours in the freezer

INGREDIENTS

- **2 cups** plain unsweetened Greek yogurt (0 %) 500 g
  unsweetened
- **2 scoops** whey protein powder 60 g
  vanilla
- **1 heaping tbsp** honey 25 g
- **1 1/4 cups** Mora de Castilla (Andean blackberry) 180 g
  half blended with the yogurt and the other half whole
- **2 tbsp** unsweetened shredded coconut 15 g
  for sprinkling

Swaps · If you don't have...

- You can use the protein you already have or the one we recommend for your goal; ask us for guidance.
- Without protein powder, use 250 g (about 1 cup) more Greek yogurt; you'll get 8 bars with about 10 g of protein each.
- If you can't find mora de Castilla (Andean blackberry), use frozen blackberries, strawberries or wild blueberries (mortiño).



PER SERVING

129	kcal
Protein	17 g
Carbs	11 g
Fat	2.6 g
Fiber	2.0 g

What it gives you: Protein from the Greek yogurt and whey for recovery, calcium, and vitamin C and fiber from the blackberries.

METHOD

1. Line a loaf pan (about 8 × 4 in / 20 × 10 cm) or a container with parchment paper.
2. Blend half the blackberries with the yogurt, protein and honey until pink and smooth.
3. Add the other half of the whole blackberries, mix and pour into the pan. Smooth it with a spoon.
4. Sprinkle the coconut on top and press lightly.
5. Freeze 4 hours, until firm, and cut into 6 bars with a large knife. Take them out 5 minutes before eating.

IF YOU'RE CUTTING
Skip the honey and coconut (they drop to about 100 kcal per bar).

IF YOU'RE BULKING
Have 2 bars or add 1 tbsp peanut butter to the mixture.

Tip: They keep 2 months in the freezer, well covered or individually wrapped. Don't store them in the fridge: they melt.

Canela has more for you at canelith.com.

LIKED THEM? GET THE FULL BOOK

Make your bar has **32 recipes** with the same nutrition facts, how to adjust them if you're cutting or bulking, cheap swaps and an index by way of eating (vegan, vegetarian, gluten-free, keto, high protein).

5 USD at **canelith.com/en/shop** · or every recipe book in the **Nutrition Pack**.

Keep going with Canelith

Find it all in the shop at **canelith.com/en/shop**. Follow us on Instagram: **@canelith_**.

TRAINING GUIDES



Core with Canela



Glutes with Bella



Strong legs



Upper body with Minchu



Full body



Lighter, stronger



High performance with Zapote

TO EAT BETTER

Protein and nutrients — FREE
How much protein to eat, macros, evidence-based supplements and hydration.

Healthy recipes: the basics — FREE
20 easy recipes to get started.

Healthy recipes: complete — SHOP
Over 180 recipes for training.

Green juices and smoothies — SHOP
Drinks, bowls and bars.

Keto and low carb — SHOP
Keto recipes with easy ingredients.

COACHING WITH OUR TRAINER

Live class, initial assessment or a custom plan. We can also recommend protein and supplements based on what you're after. Book it at **canelith.com/en**, in the Training section, through the form or on WhatsApp.

This recipe book is for information only and doesn't replace a visit to a dietitian or doctor, especially if you have a health condition or allergies, are pregnant or take medication. Approximate nutrition values calculated with USDA FoodData Central.