

Revealed: The best new raw food bars



Posted Tuesday, September 12, 2006 by Mike Adams
Key concepts: [raw food](#), [food bars](#) and [raw foods](#).

Originally published September 12 2006

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With the public awakening to the health benefits of live foods (raw foods), a number of impressive new companies have emerged, sporting delicious new raw food bars that make the health food bars of just two years ago seem outdated.

Today, you can find food bars made with absolutely none of the "bad" stuff (refined sugars, etc.), but loaded with all the "good" stuff (raw nuts, agave nectar, berries, raw cacao, sesame, ginger, and so on). They're truly healthy food bars, and not just gimmicky "energy" bars loaded with high-fructose corn syrup or low-grade soy protein, for example.

When it comes to real food, these bars are the real McCoy. They're so good that I'm buying them by the box from Amazon.com and other online retailers. And in my opinion, they make most of the [food bars](#) found at retail (even at most [health food stores](#)) look like candy bars. Of course, it won't be long before these bars also appear in retail, so watch for them there! None of these bars have any of the following unhealthful ingredients:

- Refined sugars
- Trans fats / hydrogenated oils
- Artificial additives, colors or preservatives
- Dairy or soy products

Here's the list: (Oh, by the way, in case you didn't already know, none of these companies paid me to be listed here. These are all independent, unsolicited reviews.)

Pure Bar

Organic? Yes
Raw? Yes

Sweeteners? Dates, agave nectar

Flavors: Chocolate brownie (Yum!), apple cinnamon (Oooh!), cherry cashew (Wow!)

Highlights: Simply pure, healthful ingredients. Tastes sinfully good. Slightly pricey but well justified due to quality ingredients.

I'm really impressed with the Pure Bar. Its slogan is, "Way too good to be this good," and I enthusiastically agree. This is a truly delightful raw food bar that's not just organic and raw, it's also [vegan](#) and certified Kosher. I took one bite of the Cherry Cashew flavor and immediately had a taste flashback to grandma's super-sweet cherry cobbler. Except in this case, there's no [sugar](#), no refined grains, and none of the junk found in cherry pie recipes. Just pure ingredients in the Pure Bar.

The Apple Cinnamon bar tastes like apple pie. I'm not kidding. I think it's the addition of the brown rice protein (my top recommended plant-based protein source) that creates a pie crust taste. It's out of this world.

Pure Bar gets an enthusiastic five-star rating from me. Everything is right about this bar, and if I had the cash, I'd buy one for every person on the planet. Nobody should miss out on the pure goodness of this food bar marvel!

Information at: ThePureBar.com

Purchase at: Amazon.com or other health food retailer.