

RAW BAR: 7 HEALTHIER SNACK BARS

Our favorite energy bars may be free of GMOs and gluten, but they are filled with flavor



Need something on the run? Make the calories count with these nutritious, organic and (mostly) raw powerbars.

We're big proponents of fresh food. But sometimes on the go, you need something quick and easy, like a snack bar. Some are frankly no better than candy bars, but others can be nutrient powerhouses. At the last [Natural Products Expo West](#), the world's largest natural and organic products trade show, we hand-picked a selection of bars that are organic, raw, non-GMO, gluten-free, soy-free, dairy-free, wheat-free, trans fat-free, and with little to no added sugars:

1. [BlueprintBar](#). The makers of the celeb-favorite fresh-pressed juice cleanse have created a line of rich, chewy bars. Our editors loved the Cashew Date and the Lemon Almond Cashew Date bars. They're made with fruits, nuts, and nothing else.
2. [Bites of Bliss Superfood Bites](#). We enjoyed the strong pineapple flavor and sweet chewiness of the Pineapple/Coconut bar, also made with organic chia seeds, dates and walnuts. Other tasty flavors include Goji Berry and Carob/Almond Butter.

3. **Go Raw.** Dense with sprouted organic seeds, these small, thin, slightly crunchy bars are tasty and not overly sweet; the Live Granola flavor has crispness, while the Real Live Apricot is more like fruit leather with seeds.

We're raisin' the bar.