

SWEETY HIGH

Our Fave Protein Bars to Get You Through Busy Days



With school back in full swing, things get real busy real quick.

Between classes, activities, and the occasional missed alarm, it can be hard to find time to prepare healthy, filling snacks. Luckily, we've managed to find the best bars out there so you can grab something equal parts healthy and delish when you're on the go.

GoMacro

Not only are GoMacro bars super-yummy, but the story behind them is also really cool. The company was started by a woman named Amelia and her daughter Jola after Amelia was diagnosed with cancer in 2003.

Amelia used a healthy macrobiotic diet to help her fight breast cancer, leading the mother-daughter duo to create the GoMacro recipe in the kitchen of her family farm in Wisconsin. After beating cancer, Amelia and Jola decided to share their delicious, plant-based recipes nationwide. These bars come in lots of amazing flavors, have a deliciously doughy texture, are gluten-free, and come in several nut-free options as well. The Oatmeal Chocolate Chip is our personal favorite. It tastes like cookie dough. Pro tip: warm it up in the microwave for 15 seconds for ooey-gooey amazingness!