

Bhu Fit Vegan Protein Bars: A Legit Vegan Option!

written by Mike Roberto | August 23, 2016

Recently, we introduced you to **Bhu Fit**, a rapidly growing protein bar company dedicated to making protein bars composed of *real food*. That means no artificial sweeteners, preservatives, flavors, colors, gums, and the like.

Bhu knows there are a lot of “clean” eaters out there, including a growing number of folks who adhere diets such as vegan, primal, or paleo. They also realize how large the movement towards more natural products is... yet every time a protein bar gets created for these niches, the brand either strays from their original message or simply cannot sustain high quality and taste standards.

Vegan Protein Bars done *right*



Bhu knows they can do different, and by different, we mean *better*. The response was so positive following our intro **Bhu** post, we were asked to dig deeper into each each line of bars.

The first collection of bars we’ll dive into are the **Vegan Protein Bars**. And right off the bat, we’ll state that this is the **best and most underrated vegan anything we’ve ever had**.

But, before we get into the rundown, take a second to check the best deal and sign up for PricePLOW alerts:

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Bhu Fit Vegan Protein Bar Ingredients

As we stated up top, Bhu Fit is dedicated to using nothing but the highest quality ingredients. So, in addition to no artificial garbage, that also means all ingredients are organic and non-GMO.

Avoiding soy



VEGAN PROTEIN BAR

PEANUT BUTTER + CHOCOLATE CHIP

Nutrition Facts	
Serving Size 45 g	
Amount Per Serving	
Calories 200	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 2.5g	13%
Cholesterol 0mg	0%
Sodium 130mg	5%
Potassium 125mg	4%
Total Carbohydrate 15g	5%
Dietary Fiber 10g	40%
Sugars 1g	
Protein 11g	
Vitamin A 0%	Vitamin C 0%
Calcium 15%	Iron 15%
Phosphorus 15%	Magnesium 15%

INGREDIENTS
Organic Peanuts, Prebiotic Fiber (From Tapioca), Organic Pea Protein, Organic Chocolate, Organic Sunflower Seeds, Organic Palm Oil (Certified Sustainable), Organic Vanilla, Monk Fruit, Water, Sea Salt. (Allergen: Peanuts)

You won't find any junk or fillers in Bhu bars. Only all natural, premium grade whole foods.

The real challenge to designing a vegan protein bar comes in utilizing a protein that is not sourced from animals, doesn't taste like dirt, and **isn't soy** – the majority of vegan bars are composed primarily of this ingredient, and while some is okay, overconsumption is a bad idea.[1]

So where's a vegan bro turn to for his protein needs in bar form? The answer is **Pea Protein**.

Vegan Protein Bars from Pea Protein

We know you're thinking, *"but doesn't that taste like peas?!"* In an unflavored bulk protein powder, yes, it almost always does. However, in Bhu's line of vegan bars, there's no hint of pea flavor whatsoever – and we've taste-tested them all!

Taste and texture aside, you might be concerned that vegan protein sources

aren't enough to satisfy the growing muscles of an aspiring fit athlete. The great thing is that pea protein's been shown in research to be just as effective as whey when it comes to building and toning that muscle![2]

Prebiotic Fiber?



Looking at the ingredients for Bhū's various bars, you'll undoubtedly notice the ingredient called "Prebiotic Fiber (from Tapioca)" and probably wonder what the heck it is. Well, if you've ever eaten a Quest or OhYeah! ONE Bar, you've encountered this type of ingredient before, but under a different name: **isomalto-oligosaccharides** (IMOs).

Prebiotic fiber is a type of resistant starch ("non-digestible food ingredient") that is beneficial for gut flora. They stimulate the growth / activity of bacteria already resident in the colon and improve overall health.[3,4,5,6]

This one's from *tapioca!*

The big difference between Bhū's IMO and virtually everyone else is that it's sourced from **Tapioca**, and not a GMO crop like corn / soy or a gluten-containing crop such as wheat. Using tapioca-derived IMOs allow Bhū to keep committed to their clean, wholesome, and sustainable mantra, but still give you a tasty bar that sticks together.

Other Ingredients

Pea protein is great and all, but one ingredient a vegan protein bar does not make. So what else is Bhū Fit loading up into these bars? The answer is a diverse array of whole foods to create a line of rather unique flavored bars.

Amongst the various ingredients you'll find are fruits like apples and tart

cherries, nuts such as pistachios and peanuts, and other little gems such as organic chocolate and monk fruit (used as a sweetener).

Bhu Vegan Bar Flavors

Clean, wholesome, and vegan-friendly may seem like an awesome concept, but that doesn't mean a bar will sell. To really gain traction with the masses, the bars need to taste great and have some interesting flavors. Luckily, Bhu offers three different flavors to whet your appetite:



- **Peanut Butter + Chocolate Chip**
- **Apple Chunk + Cinnamon + Nutmeg**
- **Dark Chocolate + Tart Cherry + Pistachio**
- **Peanut Butter + White Chocolate**
- **Superfood Chocolate Chip Cookie Dough**
- **Superfood Chocolate Chip + Fudge Brownie Batter**

The Macros

The nutritional impact of each bar will vary according to which flavor you select, and be careful as there is a fair amount of variation between the three flavors. Following is the caloric / macro range for the three flavors.

Note: If you're on an extremely tight caloric budget, make sure to read the Nutrition Facts panel on each bar to find the one that fits best into your overall diet!

- **Calories:** 180 – 210
- **Protein:** 11 – 12g
- **Carbs:** 15 – 17g (1 – 4g sugar)
- **Fiber:** 8 – 10g
- **Fats:** 10 – 14g (1.5 – 4g saturated)

Active (and all) vegans need to get that protein up!

While these macros aren't as high in protein as some of the whey-based protein bars out there, the fact of the matter is that vegans need any and all protein they can take. For building muscle and generally active people, it's recommended to get roughly at least 0.8g of protein per *pound* of bodyweight, each and every day.[7,8]

This goes beyond the FDA's boring RDA recommendations (which are more often suited for sedentary people), and is extremely difficult on vegan diets. So to help, supplements like Bhu Fit's Vegan Bars are one way to make life easier and your body look healthier in the process.

All the better that these bad boys taste so great, even for non-vegans!

Takeaway: Vegans aren't the *only* ones who should try Bhu



Bhu currently offers three choices: Vegan, Paleo, and Primal. If you're not Vegan, click the image to see their other options!

Bhu Fit is a health conscious company that's also focused on using *sustainable* products that promote a wholesome lifestyle – especially for active people. No group of dieters are more focused on clean eating and sustainability than

vegans. But, packing in ample protein can be difficult at times for vegans because there's only so much rice, beans, and quinoa you can stand, and that often just isn't enough to meet goal numbers.

The answer comes with pea protein, and the form factor comes with Bhu Fit's Vegan Protein Bars.

This line of bars helps satisfy those needing to up their protein as well as those meat-eaters looking for something a little different / higher quality than your run of the mill big box store bar.

The market has needed this. They legit taste great, and Bhu Fit has finally done right by the consumer where no other company could.

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