



# Energy Bar

## Technology overview:

The energy bar is made out of a cereal flour mix, processed fruits, oil seeds and binding agents. Most of the raw materials used are locally grown and others are widely available in the local market.

This food bar is a good source of energy that can be consumed in an easy manner even during busy work schedule. If consumes two food bars per day, it can be considered as an energy provider as it provides high level of energy. The production process is compatible with small and medium scale therefore the production process can be started with a relatively low capital.

The product is suitable for sportsmen, and malnourished children as well as general public.

## Method of preparation:

Ready to eat

## Advantages of Energy Bar:

- Easy to get energy source
- Lack of similar products in the market
- Long shelf life
- Required ingredients are widely available

## Inventors:

Mr. K.V.T. Gunawardhana  
Ms. A.W.D. Priyangani



## Technology Information:

Senior Deputy Director  
Food Technology Section  
Industrial Technology Institute  
503A, Halbarawa Gardens  
Thalahena  
Malabe

Tel: +94112797334

E-mail: [sdd\\_fts@iti.lk](mailto:sdd_fts@iti.lk)