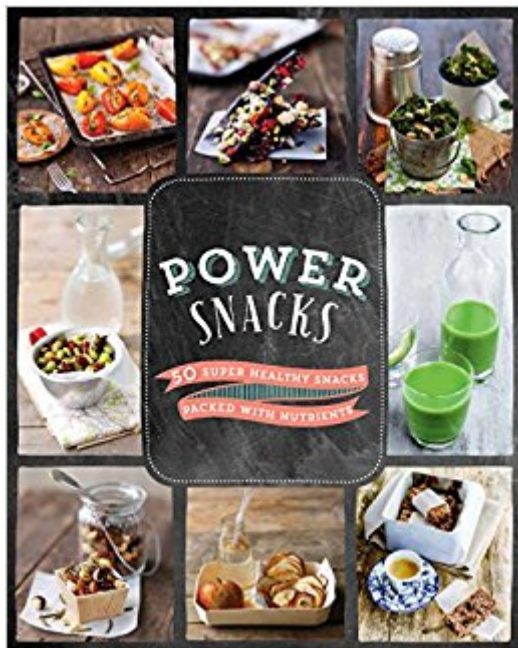


The book was found

Power Snacks



Synopsis

Tired of reaching for a chocolate bar or a packet of potato chips to fend off the cravings? Power Snacks is packed with exciting ideas for nutritionally-dense snacks that will keep you going between mealtimes without loading up on empty calories. Focused on high-quality ingredients that are healthy, sustaining, and minimally processed, these recipes mean you can indulge in snacks without the guilt!

Book Information

Hardcover: 128 pages

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Average Customer Review: 4.6 out of 5 stars 3 customer reviews

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Customer Reviews

Nice book colorful pretty illustrations.

More than I expected! Such easy and simple meals you can create in little time.

Attractively designed book. I bought the book for someone else, but the recipes aren't things she or anyone I know would make very often. This is for someone who really is into eating super healthy. Very different recipes in here.

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