



Easy Energy Bars: 45 Recipes for Granola Bars and Other Natural Snacks (Easy Recipes from Scratch)

Nicole L'Esperance, Marie L'Esperance

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Easily make your own granola, granola bars, and other energizing snacks from scratch! The recipes in Easy Energy Bars: 45 Recipes for Granola Bars and Other Natural Snacks will show you how simple it is to make healthy snacks using all natural ingredients right at home in your own kitchen.

Feed your body and your family food that you feel good about!

Many commercially available granola bars are not only expensive, but high in refined sugar, unhealthy oils and fats, and contain preservatives. This book provides a homemade, more nutritious, alternative. This is real food!

These energy bar recipes do not use refined white and brown sugars, or sweetened condensed milk. Pure honey, brown rice syrup, maple syrup, molasses, and fruit purees are featured in these recipes as alternatives to refined sugar. We also chose to use coconut oil instead of butter. (Some recipes include chocolate chips. We use carob chips. The choice is yours!)

Choose from delicious flavors, such as Apple Crisp Bars, Goey Chocolate Black Bean Brownies, Pumpkin Goji Bars, Crunchy Almond Bars, and Veggie Plum Bars!

Also included are some guilt-free treats, such as Peanut Butter Chocolate Chia Fudge, Chocolate Chunk Cookie Bars, Energy Balls, Super Smoothies, and a fantastic refined-sugar-free Super Smooth Chocolate Icing.

Making healthy snacks from scratch is simple. Start cooking from Easy Energy Bars: Recipes for Granola Bars and Other Natural Snacks today and feel the energy!

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Spent a free time and energy to be fun activity to try and do! A lot of people spent their free time with their family, or their friends. Usually they accomplishing activity like watching television, gonna beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Will you something different to fill your free time/ holiday? Might be reading a book could be option to fill your no cost time/ holiday. The first thing that you ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the reserve untitled Easy Energy Bars: 45 Recipes for Granola Bars and Other Natural Snacks (Easy

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