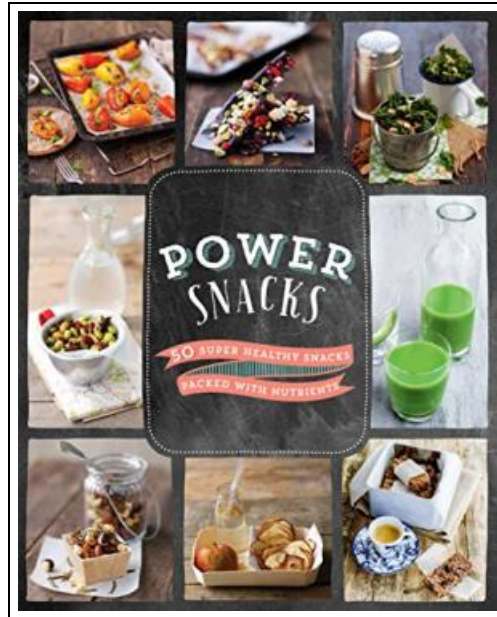


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Reviews

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(Dr. Travis Berge)

POWER SNACKS: 50 SUPER HEALTHY SNACKS PACKED WITH NUTRIENTS (HARDBACK)



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Love Food, 2015. Hardback. Condition: New. Language: English . Brand New Book. Tired of reaching for a chocolate bar or a packet of 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 tasty snacks without the guilt! On the Go and Take to Work chapters include easy snacks to carry when you re out and about, like Smoky Paprika Roasted Chickpeas, Chewy Apricot Almond Energy Bars, and Zucchini Walnut Rolls. The chapter for high-energy snacks includes Apple Peanut Butter Sandwiches (bread-free!), a Protein Berry Whip shake, and Turkey Rainbow Chard Roll-Ups. Weekend Snacks contains ideas to indulge in when you have a little more time up your sleeve: Chicken Satay Skewers with Peanut Sauce, Vietnamese Shrimp Spring Rolls, Baked Figs with Gorgonzola. And go to the recipes in Sweet Indulgence when the cravings kick in: Black Bean Brownies; Mini Roasted Peach Raspberry Blinis, Chocolate Avocado Puddings, and Coconut Milk, Strawberry Honey Ice Cream. Mouth-watering photography, nutritional info for each recipe, and additional info on some of the key healthy ingredients in the book make this a valuable resource for your cookbook shelf. Designed to change the way you snack and fuel your body for long-term health and vitality, these power-packed snacks are sure to keep the hunger pangs at bay.



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