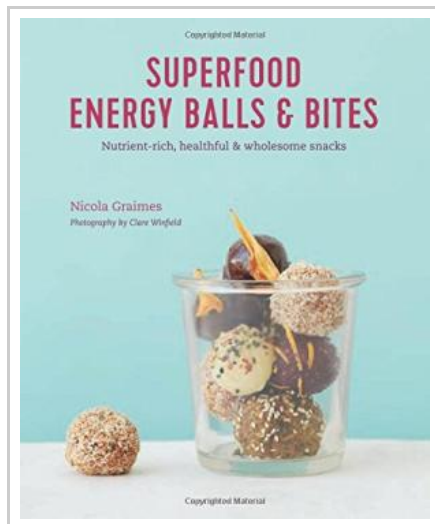




Superfood Energy Balls Bites: Nutrient-Rich, Healthful Wholesome Snacks (Hardback)

By Nicola Graimes

Ryland, Peters Small Ltd, United Kingdom, 2018. Hardback. Condition: New. Language: English . Brand New Book. Easy-to-make, nutrient-rich and wholesome, this book is packed with 65 recipes for energy balls, bars and bites. The hottest snack of the moment, these convenient, portable creations have been devised to provide a boost of energy at much-needed times of the day and to suit different dietary requirements. There are recipes suited to pre- and post-workouts, ideas for morning re-fuelling snacks and lunchboxes, plus creations to lift flagging energy levels during an afternoon lull and after school - there are even after-dinner treats. The book includes recipes to repair tired muscles after a bout of exercise with protein-rich balls or there are bites based on slow-release, unrefined carbs that will provide long-term energy. Opening with information on Energy Boosters nutritional health writer Nicola Graimes focuses on key, energy-supporting ingredients, including nuts, seeds, protein and superfood powders, unrefined slow-release carbs, fruits and vegetables. Alongside a brief explanation of each ingredient, there are details on key nutrients. The book is divided into the following chapters: Raw Energy Balls and Bars, Cooked Energy Balls and Bars, Savoury Energy Balls and Bars, Superfood Bites and, finally, Superfood Treats....



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Reviews

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