



Power Hungry: The Ultimate Energy Bar Cookbook (Paperback)

By Camilla V. Saulsbury

Lake Isle Press Inc.U.S., United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. Power Hungry has a simple premise: do-it-yourself power bar recipes that maximize taste and nutrition, minimize cost, and eliminate junky additives. Jam-packed with the best good-for-you ingredients (think whole grains, fruits, nuts) and all-natural, high-quality proteins, these recipes cover protein bars, endurance training bars and gels, granola bars, raw bars, and more. Whether you re training for a triathlon, packing a lunchbox, or just need an afternoon pick-me-up, you ll find recipes you ll loveand nutritional info to boot. Skipping gluten, soy, or dairy products? No problem. These recipes are 100 soy-free and completely adaptable to glutenfree and vegan dietsno more scouring a label s fine print. Power Hungry bars are incredibly easy to make and are endlessly customizable. There s even a knock-off chapter for all of your favorite name-brand barsminus the high prices. Still need convincing? How do these sound: Salty-Sweet Trail Bars, Morning Maple Bars, Flax Your Muscles Bars, Quinoa Chia Apricot Bars, Black Bean Protein Brownies, Green Tea Ginger Bars, Greek Yogurt Muesli Bars, 5-Minute Protein Truffles, Carrot Cake Action Bars, and Sticky Sesame Energy Bars with Raw Chocolate Drizzle....



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Reviews

Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

-- Romaine Rippin

The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Lyda Davis II