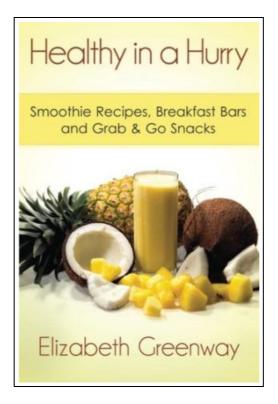
# Healthy in a Hurry: Smoothie Recipes, Breakfast Bars and Grab Go Snacks (Paperback)



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## Reviews

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(Jody Veum)

### HEALTHY IN A HURRY: SMOOTHIE RECIPES, BREAKFAST BARS AND GRAB GO SNACKS (PAPERBACK)



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Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Simple recipes that are chunk full of nutrition and flavor that s Healthy in a Hurry! Choose from 50 fruit and/or veggie smoothies each with a health benefit of one or more of the listed ingredients. Other categories include delicious muffins, chewy bars cookies, crunchy granola plus healthy trail party mix. Browse through all 100 recipes and check out such favorites as Very Berry Kale Smoothie, Almond Coconut Bars or Yummy Pecan Pie Muffins. With all these varieties of healthy recipes you are sure to find one or more to suit the taste buds of adults and kids alike. With easy and nutritional grab go recipes at your finger tips you can rest assured that you and your family are eating healthy even during the busiest of days. Inside this book you will discover: Pineapple-Kiwi Smoothie Zucchini Summer Smoothie Sweet Potato Smoothie Best Pumpkin Smoothie Christmas Cranberry Muffins Fiber Rich Muffins Awesome Apricot Bars Nutty Morning Cookies Kiddo s Trail Mix Lunch Box Trail Mix Happy Holiday Party Mix.





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