



Energy Bites: High-Protein Recipes for Increased Vitality and Wellness (Hardback)

By Kate Turner

Dorling Kindersley Ltd, United Kingdom, 2016. Hardback. Condition: New. Language: English . Brand New Book. Move over granola, these bite-sized balls of balanced nutrition are the new super snack that everyone can benefit from. Looking for a post workout refuel? Intense immunity boost? Or just a healthy snack to keep the bounce in your step? There are 15 high-protein recipes with a core of protein-rich ingredients, combined with low-GI carbs and healthy fats - and no compromise on flavour - each ball delivers a slow-release nutrition bomb to keep your blood-sugar steady and energy levels high. This is more than just energy, recipes are themed around muscle build, detox, immunity and more, with a mix of bake and no-bake; sweet and savoury; and all recipes are vegetarian. A cinch to make, versatile, child-friendly and easy to store, protein balls are the ultimate active snack.



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