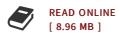




Energy Bites: High-Protein Recipes for Increased Vitality and Wellness (Hardback)

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.



Reviews

This pdf will never be straightforward to begin on looking at but really entertaining to read through. I really could comprehended everything out of this composed e pdf. I am just very easily could possibly get a enjoyment of looking at a composed ebook.

-- Dr. Mallory Bashirian Sr.

Extensive manual! Its this type of great read through. Sure, it is actually engage in, nonetheless an interesting and amazing literature. Its been written in an exceedingly simple way and it is simply right after i finished reading this pdf through which basically altered me, affect the way i believe.

-- Mrs. Mertie Cummerata