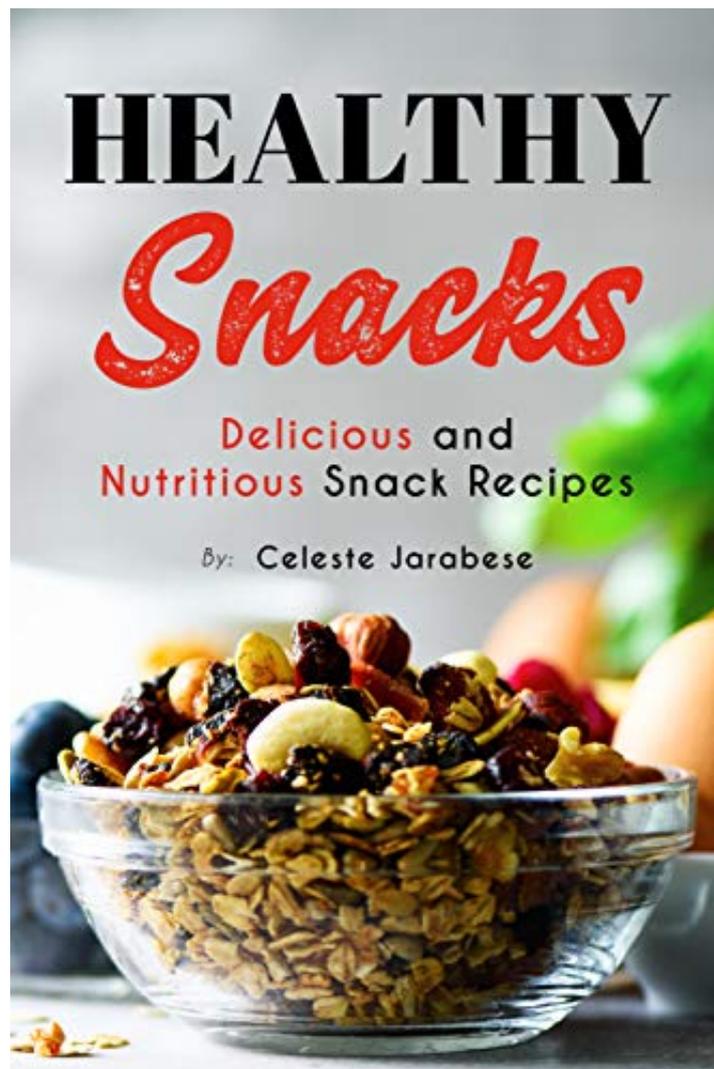


Healthy Snacks: Delicious and Nutritious Snack Recipes

by

Celeste Jarabese



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Synopsis

Easy and Healthy Snack Recipes Are you leading a healthy lifestyle and in search of healthy snack ideas? Well, this is the perfect book for you! This recipe book offers a wide selection of snack recipes including fresh vegetables with dips, cookies and energy bars, salads, puddings, finger foods, and revitalizing beverages. It will guide you in making homemade snacks that are not only delicious but packed with essential nutrients and antioxidants as well. In this book, you will find snack recipes that are made of superfoods like fresh fruits, vegetables, dairies, cereals, seeds, and nuts to help improve your snack choices at the same time promote optimum health. Inside this recipe book:- Tips for choosing the right ingredients for your healthy snack- Delicious and nutritious snack recipes for you and your family Featured Healthy Snack Recipes:- Garden Salad with Strawberry Vinaigrette- Homemade Kale Chips- Tomato Feta and Basil Bruschetta- Pita Chips and Veggies with Hummus- Marinated Balsamic Mozzarella Sticks- Homemade Baked Potato Fries- Apple Walnut and Raisin Muffin- Chia Pudding with Pomegranates and Almonds- Strawberry Cereal and Yogurt Drink- Apricot Peach and Carrot Cooler- Choco Almond Protein Shake What are you waiting for? Get yourself a copy by clicking on [BUY NOW!](#)

What people say about this book

Melissa, "Good food. Love it new snacks"

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