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## 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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