



## DIY Protein Bars Cookbook: Easy, Healthy, Homemade No-Bake Treats That Taste Like Dessert, But Just Happen to Be Packed with Protein!

By Jessica Stier

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 211 x 208 mm. Language: English . Brand New Book. DIY Protein Bars is a collection of 48 easy, healthy, homemade, no-bake treats that taste like dessert, but just happen to be packed with protein! And there are options for everyone. The recipes are (or can easily be made) gluten-free, dairy-free, nut-free, soy-free and vegan. but you d never know it. One bite of any protein bar in this cookbook and you ll be screaming, OH-MY-GOSH-this-is-so-freakin -good-how-can-this-be-good-for-me?!? These protein bars are so tasty and addicting you ll never buy store-bought again. Protein is essential for muscle growth, repair and maintenance, but it is also necessary for maintaining blood pressure, fluid balance and electrolyte levels within the human body. Each recipe in this cookbook includes a nutrition label so you can see how many calories, and how many grams of fat, carbs and protein are in each serving. No matter what, though, there are options for everyone s nutritional preferences: sugar-free, refined sugar-free, cholesterol-free, low-calorie, low-sodium, high fiber and high protein. These recipes might be free of some stuff, but they sure aren t free of flavor! Oh, and don...



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