



Energy Bars: Over 30 Easy And Delicious Superfood Energy Bars Recipes To Boost Your Vitality

Sophie Ryan

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If you are looking for healthy and delicious snacks that are full of goodness, look no further! In this book, there are over 30 tasty recipes for naturally healthy energy bars which are packed with nature's 'super foods' and are just the snack to give you a powerful nutritious boost at any time of the day!

These energy bars provide you with the benefits of wholesome, nutritious ingredients packed into one tasty delicious bar, ideal for on-the-go snacks, a quick energy boost before the gym or a lunch box treat for the kids. You can choose from these simple, fun-to-make recipes containing delicious ingredients which are great for your health.

Energy bars are rich in protein, dairy-free, vegetarian and contain no added sugar so you can be sure you get a boost of vitamins and minerals without unnecessary additives, so you and your family can enjoy these delicious bars of guilt-free pleasure!

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