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POWER SNACKS: 50 SUPER HEALTHY SNACKS PACKED WITH NUTRIENTS (HARDBACK)

Love Food, 2015. Hardback. Condition: New. Language: English . Brand New Book. Tired of reaching for a chocolate bar or a packet of chips to fend off the cravings? Power Snacks is packed with exciting ideas for nutritionally dense snacks that will keep you going between mealtimes, without loading up on empty calories. Focused on high-quality ingredients that are healthy, sustaining and minimally processed, these recipes mean you can indulge in tasty snacks without the guilt! On the Go and..

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- Released at 2015



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