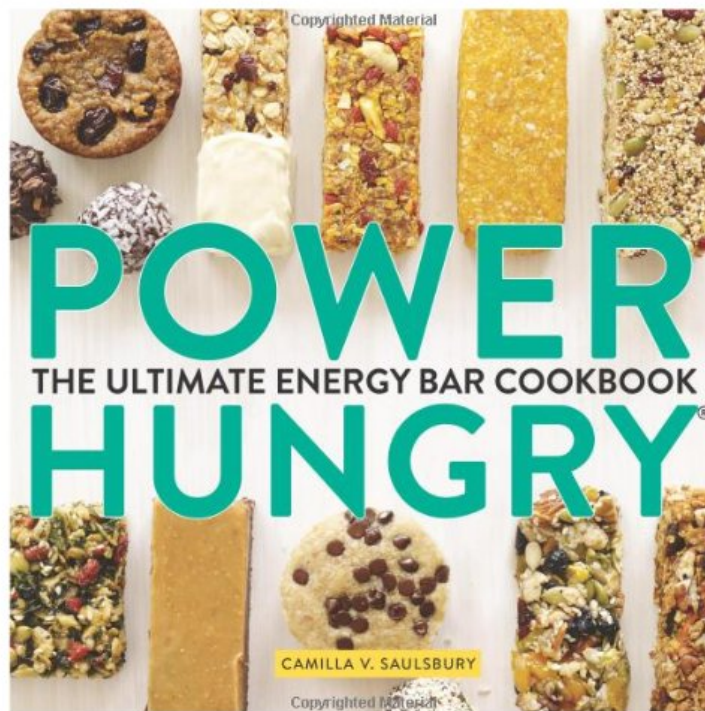


Power Hungry: The Ultimate Energy Bar Cookbook

Camilla V. Saulsbury

**Download PDF / ePub / DOC / audiobook / ebooks*



 Download

 Read Online

#127590 in Books Lake Isle Press 2013-09-10 Original language: English PDF # 1 7.97 x .42 x 7.951, .89
#File Name: 189110554X152 pages | File size: 26.Mb

Camilla V. Saulsbury : Power Hungry: The Ultimate Energy Bar Cookbook before purchasing it in order to gauge whether or not it would be worth my time, and all praised Power Hungry: The Ultimate Energy Bar Cookbook:

0 of 0 people found the following review helpful. Tasty DIY barsBy J. StumpfelThe recipes I've made in this book came out great and taste good enough to make a comparatively healthy treat when a craving for something sweet strikes. Are they low cal, or meal substitutes...no. The ingredients were easy to find locally, the instructions clear and the yield reasonable. For those having an issue with crumbly bars, I'd suggest a little longer in the food processor, pressing harder or some/more time in the refrigerator to let the bars set. There were times when I thought a recipe was going to fail when one of those tricks made a huge difference. Lots of variations and room to make substitutions if you don't have an ingredient or don't want to use a specific item. You will have to use something to bind the bars, so honey, maple or rice syrup does get used.21 of 22 people found the following review helpful. Awesome book!By marlaI love this book! so much great information, with lots of variations and options to substitute ingredients for those of us with food sensitivities, which I really appreciate. It is beautiful and very easy to read. I have already tried several of the recipes with excellent results. This is a keeper and I would highly recommend to anyone. It is worth every penny. You will probably save the cost of the book with the first couple of recipes made plus you have control over the ingredients! Very cool!1 of 1 people found the following review helpful. This is a very tasty bookBy A woodI have three very active kids, that have a lot of food allergies between them. So we make just about everything we eat at home from scratch. With them being so active and always on the go we are always looking for healthy high protein snacks on the go. This book is filled with them. We have been eating our way through this tasty book now for about a

year and still have not been board. Every bar we have tried has been simple to make and loved by at least three of the the five of us. Not one dud in the whole book. I would have to say that we all agree that the almond joyfull cookie is the house favorite . I will say though I have not tried to make these in a pan and cut them part as suggested in the book. I have silicone bar molded that I found a local discount kitchen store a few years back that are just the right size for perfect portion size. This had made making the bars a dream. I just pop them out and store in and air tight container in the fridge or counters .then when it's time to go the kids just slip what bar they want in their bags and off we go. this book comes out every week when we pick what we are going to make for the upcoming week. This was a very tasty buy that I would recommend to anyone looking to add protein and fiber in their day.

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 love?and 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 diets?no 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 bars?minus 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.What are you waiting for? Power up!

I am thrilled—beyond thrilled—to have this cookbook in my eager little hands. It is full of all the snack bars, power bars, energy bites, and granola bars of my dreams and, I'm guessing, yours. (Emma Christiansen The Kitchn, 9/18/13)Saulsbury put her PhD in sociology and food studies to work, finding the best ingredients to convert us from processed over-the-counter bar junkies to health-conscious cooks with Power Hungry. (Metro NY October 10, 2013)Not ready to ditch your favorite bar just yet? You don't have to! These healthy knock-offs let you to recreate your go-to energy bars in your own kitchen. Thanks, Camilla! (Women's Health, 9/27/2013)I couldn't decide which recipe I wanted to make first, they all look so good. Such a fun book! (Gina Homolka Skinnytaste.com, 8/21/13)You guys, this book is awesome. It is brimming with recipes for making your own wholesome energy bars with unprocessed ingredients...Camilla is a PhD-toting fitness trainer, endurance athlete and mom who knows all about how to fuel up for your next run, race or ride. These bars are perfect for tossing in your backpack for your next hike or packing in your child's lunch. (Cassidy Stockton Bob's Red Mill Blog, 9/27/2013)Power Hungry is filled with practical and delicious energy recipes that utilize natural ingredients exactly how they're meant to be used: as our fuel. These power bars are great to keep in your recipe box and to whip up on a Sunday night so you're set for the week. (The Daily Meal Yahoo! Shine, 8/30/2013)Power Hungry by Camilla Saulsbury is the best gift you can give yourself this season. Learn to make your own nutritious power bars, eliminate junky additives and save a ton of money. Camilla shows us how to stock our pantry with all-natural, high-quality proteins, whole grains, nuts and fruits so we have everything on hand to do it ourselves... Before Power Hungry, I would have been too intimidated to make my own power bar; but Camilla makes it so easy and fun. (Kristin McGee, Celebrity Yoga and Pilates Instructor 10/14/2013)About the AuthorCamilla V. Saulsbury is a writer, recipe developer, fitness trainer, endurance athlete, and creator of the healthy food blog, Power Hungry. She also holds a PhD in sociology with specializations in food studies, health, and medicine. She has been featured on the Food Network, Today, Good Morning America Health, QVC, and in multiple publications including the New York Times, Cooking Light, Southern Living, Clean Eating, Cosmo Girl, Food Network Magazine, and Pilates Style. A native of the San Francisco Bay Area, she currently lives in Texas with her husband and son.