

(Free pdf) The Best 50 Energy Bar Cookies

The Best 50 Energy Bar Cookies

David Woods

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David Woods : The Best 50 Energy Bar Cookies before purchasing it in order to gage whether or not it would be worth my time, and all praised The Best 50 Energy Bar Cookies:

0 of 0 people found the following review helpful. Book really small, no picturesBy HeatherThe recipes are alright, but this book is really simple. No pictures or nutritional information - both would be helpful.

Many commercial energy bars use highly processed ingredients, stripping away vitamins and minerals. Making your own bars means you can use ingredients which are natural and less processed. For taste and texture, butter, white sugar, and oil are great, but you can also replace butter with oil, and sugar with natural processed rice syrup, containing complex and simple carbohydrates. In short, make fabulous energy bars for your own high-energy lifestyle, with as much nutrition as commercial bars, and with better taste and texture. Make your ingredients suit your own requirements and taste, and live healthy!