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Energy Bars and Balls: Over 60 Protein-Packed Snacks PDF



by Fern Green : **Energy Bars and Balls: Over 60 Protein-Packed Snacks**

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Description :

PDF-0ee95 | Energy balls and bars are the number one snack. They are full of superfoods and can be easily made at home. With health benefits in mind, all these recipes are dairy-free, mostly gluten-free, cooked, raw and packed full of protein. The punch comes with the ingredients: chia seeds, hemp seeds, oats, quinoa, almond butter, walnuts, cacao, carob, coconut oil, goji berries and dates. All are rich in v... *Energy Bars and Balls: Over 60 Protein-Packed Snacks*

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