



Snacks in a Flash (Paperback)

By Amy Clark

Createspace, United States, 2013. Paperback. Condition: New. Language: English. Brand New Book ****** Print on Demand ******. Snacks have become an integral part of anyone s daily diet. Good healthy snacks are prized for their ease of creation and for requiring only a handful of ingredients when they any preparation is needed. Our shelves and cupboards are fully stocked with a wide variety of fast snacks that we can reach for at any time, like popcorn, chips, and snack mix. Unfortunately, constantly purchasing premade snacks from the supermarket can be a costly endeavor, both to our wallets and to our health. Snacks that we buy off the shelves tend to be expensive, particularly if we buy them constantly, and are often coated in harmful chemicals and preservatives. So if you re searching for a solution, Snacks in a Flash (Fast Food From Home) provides a variety of recipes for delicious snacks and is the ideal companion book for anyone trying to start creating their own quick snacks rather than attempting to simply buy them. Some of the appetizing snacks included are Sweet Popcorn, Bread Sticks, and Popular Party Mix. Why stick with bland store bought snacks when you can...



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