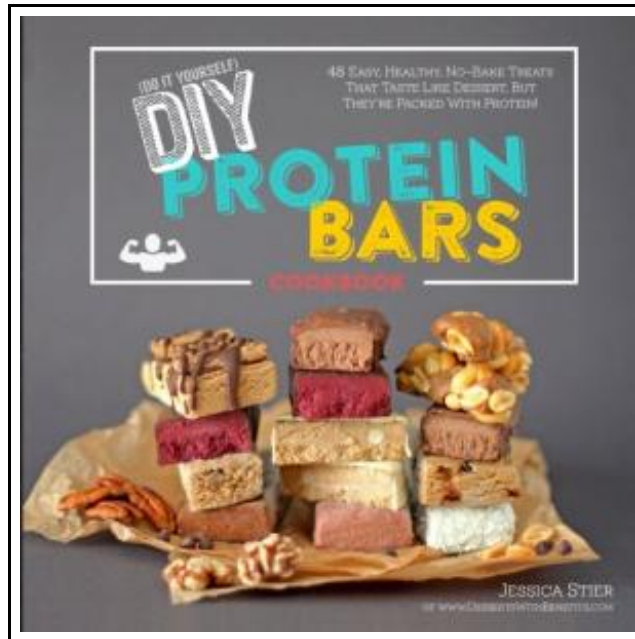


## DIY Protein Bars Cookbook: Easy, Healthy, Homemade No-Bake Treats That Taste Like Dessert, But Just Happen to Be Packed with Protein!



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***(Dr. Reta Murphy)***

## DIY PROTEIN BARS COOKBOOK: EASY, HEALTHY, HOMEMADE NO-BAKE TREATS THAT TASTE LIKE DESSERT, BUT JUST HAPPEN TO BE PACKED WITH PROTEIN!



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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 211 x 208 mm. Language: English . Brand New Book. **DIY Protein Bars** is a collection of 48 easy, healthy, homemade, no-bake treats that taste like dessert, but just happen to be packed with protein! And there are options for everyone. The recipes are (or can easily be made) gluten-free, dairy-free, nut-free, soy-free and vegan. but you d never know it. One bite of any protein bar in this cookbook and you ll be screaming, OH-MY-GOSH-this-is-so-freakin -good-how-can-this-be-good-for-me?!? These protein bars are so tasty and addicting you ll never buy store-bought again. Protein is essential for muscle growth, repair and maintenance, but it is also necessary for maintaining blood pressure, fluid balance and electrolyte levels within the human body. Each recipe in this cookbook includes a nutrition label so you can see how many calories, and how many grams of fat, carbs and protein are in each serving. No matter what, though, there are options for everyone s nutritional preferences: sugar-free, refined sugar-free, cholesterol-free, low-calorie, low-sodium, high fiber and high protein. These recipes might be free of some stuff, but they sure aren t free of flavor! Oh, and don t you worry, the fun doesn t stop there. Every recipe in this cookbook is all-natural -- no artificial sweeteners, no synthetic food dyes, no artificial food flavorings, no hydrogenated oils and no preservatives whatsoever. That list right there is unheard of when it comes to store-bought protein bars. These protein bars are perfect for both pro and novice athletes. After an intense workout, they re the best reward for sweating like an animal, dealing with your exhausted muscles, and trying to control those damn uncontrollable jelly legs. But that s not all. Protein bars aren t only for the...

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