



Peace Love and Snacks: Take Revenge Against Junk Food - Look and Feel Great Deliciously

Stan Starsky

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Time to take revenge against junk food...

You are going to love this healthy snacks cookbook. Great for moms and athletes and anyone that else that wants to make mouth-watering delicious healthy snacks.

My promise to you is that eating fruits, nuts, oats and some vegetables can now be fun and interesting once again...And this not just about sneaking in a few vegetables into a cookie recipe – which actually is a great strategy. This goes a little deeper than that.

I also spent hours interviewing Registered Dietitians as well as health and nutrition authors from around the county, I wanted to learn as much as could about health and nutrition. I present to you the ultimate healthy snacks cookbook: Peace Love and Snacks.

Peace Love and Snacks recipes have:

No Processed Sugar

No White Flour

No Preservatives

No Brown Sugar

You will find great granola recipes, dip recipes, nut recipes and some snack combinations that I don't think that anyone has ever heard of before. I tried to come up with some truly original recipes like a dairy free rice pudding recipe, an unusual broccoli salad and mouth-watering fruit and nut combinations.

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Troy Harlow:

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