



Raw Energy Bar Invasion: 50 Fruit and Nut Bar Recipes (Paperback)

By Rachel Frank

Happy Health Publishing, United States, 2013. Paperback. Book Condition: New. 220 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.From the Author of the #1 Amazon Best Selling Delicious Vegan Cookbook Series Save Money Quickly Easily By Making Raw Energy Bars at Home. Holistic Health Counselor Dr. Rachel Frank delivers quick and easy raw energy bar recipes in this whole foods cookbook. In Raw Energy Bar Invasion has 50 amazingly delicious and simple to make fruit and nut bars. These recipes taste like your favorite bars, have all the great nutritional content, and only cost a fraction of the price to make! Imagine. - Saving \$40 or more a month - Losing weight - Having more energy - Providing healthy tasty snacks for your family Great beginner raw food cookbook. Dr. Rachel will discuss what raw food is, the health benefits of raw food, nutritional benefits of fruits, nutritional benefits of nuts and seeds, and get you started on your raw food journey with 50 fast, healthy, delicious energy bar recipes. Even if you don't eat a 100 raw food diet, this cookbook is great for athletes, people with food allergies, and those wanting...



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