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DIY Protein Bars: 30 Delicious And Healthy DIY Protein Bars (diy Protein Bars, Protein Bars, High Protein Snacks)



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Synopsis

If youÃ¢â ¬â„¢re tired of spending too much for glorified candy bars at the health food store, this is the book for you! Even if youÃ¢â ¬â„¢re not a professional in the kitchen, you can feel like one with these great DIY protein bar recipes. WeÃ¢â ¬â„¢ll show you:Bake and NO bake recipesProtein bars with just a few ingredients, so theyÃ¢â ¬â„¢re FASTProtein bars youÃ¢â ¬â„¢ll think you could never make yourself Ã¢â ¬â œ but you can! From tasty peanut butter and chocolate flavors to granola and pumpkin cheesecake, there are so many flavors here that itÃ¢â ¬â„¢ll take you awhile to try them all!With our recipes, youÃ¢â ¬â„¢ll be able to create DIY protein bars that you can tinker with and find so many new favorites. YouÃ¢â ¬â„¢ll never have to eat the same flavor protein bar twice for a LONG time with the variety we offer.Download your copy of DIY Protein Bars by scrolling up and clicking "Buy Now With 1-Click" button.

Book Information

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Customer Reviews

I received a free copy in exchange for a review.This is an okay book. I haven’t tried any of the

recipes (why in a minute), but on reading through them, they look like they would work and taste okay.My issues with the book:Almost all of the recipes rely on protein powder as an ingredient. I'd rather just put my protein powder in a shake. You can make good protein bars without this.The book also emphasizes that it uses only easy to find ingredients and implies that these are ingredients that are so common and useful that you'll use them all the time. I don't feel that things like coconut flour, hemp seeds, Iso-Whey Vanilla Ice Cream Flavor, hazelnut butter, maca powder, and various flavors of protein powder really fit this description.

Great recipes for do it yourself protein bars. The price goes way down when you make theseyourself. I like that some are baked and some are not. I also like knowing what really goesinto the things I eat. This is a well written book with lots of pictures and information.

Interesting recipes I dont usually buy the store bars as their on the expensive side. This book has a good variety of healthy bars and I'm looking forward to making some.

You can make 30 different protein bars with this recipe book, both bake and no bake.I love that the book have photos of the finished product so you know what to expect. there are several recipes you can make up just for a single serving, or make enough to wrap and keep all week.I think my favorite will be no bake chocolate peanut butter bars...mmm!I got this book free for my unbiased review.

I love this cookbook. I have a diabetic in my home and his doctor and nutritionist both recommend he eat a protein bar as an afternoon snack as his job does not allow for a sit down snack. This book give a variety of protein bars without any sugar, using honey which is much better for his blood sugar absorption. I can't wait to try some of these recipes to see if they will meet his tastes.

Clearly written with easy to make recipes that sound really good, this little cookbook makes a good addition to your library. Natural, healthy ingredients, you know exactly what has gone into these protein bars and so easy to do. Get hooked on these recipes and never buy another commercial protein bar again.I was given a free pdf fore my honest review.

This book contains a variety of home-made recipes for healthier and tastier protein bars. My only issue with this is it seems that many of the recipe-ingredients are high in carbs. Otherwise, the presentations are clear, and the illustrations are great.I received this book free in exchange for my

honest review.

Great book. Highly recommend for the healthy on the go with little time on their hands to get into the kitchen and use few ingredients and little time to make these delicious DIY protein bars. Received the book for free for my honest review from bookeza book club.

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