



# **Energy Bites: 40 Recipes of Healthy and Extremely Delicious Energy Bites!: (Natural Energy Bars, Power Crunch Protein Energy Bar) (Balance Energy Bars, Powerbar Energy Bites)**

*Jessica Frey*

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**Energy Bites:(FREE Bonus Included) 40 Recipes of Healthy and Extremely Delicious Energy Bites!**

In this book you will find a wonderful collection of simple and easy to prepare 'Healthy Energy Bites' recipes that are sure to capture the delights of your loved one's taste buds! It is so important to find foods that are both healthy and tasty for you and your loved

It can be however very challenging to find these things in foods that are premade and full of all kinds of other additives. The best way for you to ensure what you are feeding your loved ones is to make your own homemade energy bars. This will give you much comfort in knowing that you know exactly what you are eating.

It is a sad fact that in today's world there is many children that are suffering from obesity, because they are consuming too many sugar filled foods that are not healthy for them. We need to become more in control and more responsible for what we are feeding our children.

There is no doubt we love our children, and we want to do what is best for them. One of these areas that we need to work on is in the snack department. If we keep healthy snacks such as 'Energy bites' and avoid buying junk foods, then our loved ones will eat the healthy snacks.

The best part is that once they have tried them and see how wonderfully tasty they are, they are going to be asking you to make those special treats for them. Why not get your children involved in learning how to make these special healthy snacks with you!

Learn how to make:

- Coconut protein bars
- Cashew Date bars
- Energy bars
- Banana Oatmeal Walnut Bars
- Almond Bites

Enjoy making these healthy 'Energy bite' recipes along with many more!

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