



Real Snacks: Make Your Favorite Childhood Treats Without All the Junk

By Ferroni, Lara

Sasquatch Books, 2012. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Brilliant! All the childhood treats I'm nostalgic for in one smart volume. Toaster tarts, cereal bars, and ice cream sandwiches made from real ingredients? I'll take one of each, please." Heidi Swanson, author of Super Natural Everyday "Lara's book is a beautifully photographed selection of "goters" (snacks) that will make you want to rush into the kitchen and bake for your children, family, and friends. If you feel short of ideas to make healthful snacks (also gluten free and vegan), her book has the answer." Ba Peltre, La Tartine Gourmande "Real Snacks is a dream come true. We all know we should eat quinoa, kale, and carrots at every meal, but sometimes we need a treat. If that treat is made with whole grains and alternative sweeteners, all the better. Lara Ferroni's playful yet truly helpful book introduces readers to unfamiliar ingredients such as amaranth flour or coconut palm sugar in the midst of making moon pies, chocolate toffee bars, and crunchy cheese puffs. That so many of the recipes can be made gluten-free is a boon for those of us who have..."



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