

Sweet and Savory: 25 Late-Night Healthy Snacks Recipes Under 150 Calories with Full Nutritional Information Plus Photos (Paperback)



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Reviews




It is a single of the best ebook. I am quite late in start reading this one, but better then never. I am delighted to inform you that here is the greatest ebook i have got read through inside my very own daily life and may be he best book for at any time.
(Eunice Schulist)

SWEET AND SAVORY: 25 LATE-NIGHT HEALTHY SNACKS RECIPES UNDER 150 CALORIES WITH FULL NUTRITIONAL INFORMATION PLUS PHOTOS (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. With this cookbook, you can keep eating late-night snacks while losing weight. The book contains 25 carefully designed and tested recipes, conveniently organized into sweet and savory categories. In the sweet category, you'll find delectable desserts such as two-minute chocolate pudding and peanut butter banana ice cream. The savory category has bites for all tastes, from SoCal baked avocados to crispy mozzarella sticks. Each and every recipe is 100% guaranteed to be delicious, and you won't have to wait long to find out; we've kept all the active preparation times to minutes or less. Like it says on the box, all those delicious recipes have less than 150 calories a serving. That makes them perfect for people who are watching what they eat for whatever reason, whether it's fitting into that wedding dress or fighting heart disease. Some of the recipes have way less than 150 calories, including a secret cookie recipe that's under 50 calories per batch! Plus, the recipes are all calibrated to serve one, so you can put away the whole batch without overindulging. Of course, counting calories is just one step towards a well-rounded, healthy diet - it's also important to take into account protein, fat, carbs, and vitamins. We've got you covered there, too. We chose recipes that supply all kinds of good things to your body, from the healthy fats in avocado to the calcium in cheese. Each recipe includes a table of the most important nutritional facts. In other words, we've done all the work for you - all you have to do is start snacking! Pick up your copy today by clicking the BUY NOW...

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