



## DIY Protein Bars at Home: 31 Simple, Delicious and Nutritious Homemade Energy Bar, Granola Bar and Protein Bar Recipes

By Jessica David

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do You Want To Make Simple DIY Protein Bars At Home? Whether you are a health nut or a fitness enthusiast, everyone can appreciate a good protein bar. Call it what you want - energy bar, granola bar, protein bar - but the formula is the same. These protein bars are packed full of nutrients and superfoods such as Almonds, Coconut Oil, Blueberries, Flaxseed, Chia Seeds and so much more. Baking your own protein bars has never been easier and the best part is you get to control what ingredients go inside! Have you struggled with avoiding unhealthy snacks in-between meals? Protein bars are an excellent way to curb your appetite before you go in for your meal. They are also excellent for muscle recovery pre and post workout. A Few Sample Delicious Nutritious BarsNo Bake Crumbled Quinoa BarsVegan Choco Almond BarsProtein Rich Banana Bread BarsProtein Pumpkin Bread Bars This DIY guide will give you everything you need to know to start creating your own protein bars at home. Download This Book Today Tags: DIY Protein Bars At..



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