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Raw Energy Bar Invasion Rachel Frank PhD, 2015-03-16 Save Money Quickly Easily By Making Raw Energy Bars at Home Holistic Health Counselor Dr Rachel Frank delivers quick and easy raw energy bar recipes in this whole foods cookbook In *Raw Energy Bar Invasion* has 50 amazingly delicious and simple to make fruit and nut energy bar recipes These recipes taste like your favorite bars have all the great nutritional content and only cost a fraction of the price to make Imagine Saving 200 or more a month for a family of four Losing weight Having more energy Getting sick less often Providing healthy tasty snacks for your family Great beginner raw food cookbook Dr Rachel will discuss what raw food is the health benefits of raw food nutritional benefits of fruits nutritional benefits of nuts and seeds and get you started on your raw food journey with 50 fast healthy delicious energy bar recipes Even if you don't eat a 100% raw food diet this cookbook is great for athletes people with food allergies and those wanting to learn about natural foods and whole foods A high variety of recipes with minimal ingredients All the ingredients in this cookbook are easy to find at your local grocery store or health food store This best selling raw cookbook includes 5 breakfast 10 smoothie 4 bread and muffins 13 cookie 18 dessert inspired recipe two bonus recipes raw granola raw vanilla liquid extract These recipes are simple and cost effective ways to start eating healthy

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