

The book was found

DIY Protein Bars: 30 Delicious And Healthy DIY Protein Bars (diy Protein Bars, Protein Bars, High Protein Snacks)



Synopsis

If you're tired of spending too much for glorified candy bars at the health food store, this is the book for you! Even if you're not a professional in the kitchen, you can feel like one with these great DIY protein bar recipes. We'll show you: Bake and NO bake recipes Protein bars with just a few ingredients, so they're FAST Protein bars you'll think you could never make yourself but you can! From tasty peanut butter and chocolate flavors to granola and pumpkin cheesecake, there are so many flavors here that it'll take you awhile to try them all! With our recipes, you'll be able to create DIY protein bars that you can tinker with and find so many new favorites. You'll never have to eat the same flavor protein bar twice for a LONG time with the variety we offer. Download your copy of DIY Protein Bars by scrolling up and clicking "Buy Now With 1-Click" button.

Book Information

File Size: 2665 KB

Print Length: 82 pages

Simultaneous Device Usage: Unlimited

Publication Date: November 17, 2016

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B01N2HU8UX

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #419,237 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #174

in Kindle Store > Cookbooks, Food & Wine > Special Diet > High Protein #1131 in Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Cookbooks, Food & Wine #1220 in Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Health, Fitness & Dieting

Customer Reviews

I received a free copy in exchange for a review. This is an okay book. I haven't tried any of the

recipes (why in a minute), but on reading through them, they look like they would work and taste okay. My issues with the book: Almost all of the recipes rely on protein powder as an ingredient. I'd rather just put my protein powder in a shake. You can make good protein bars without this. The book also emphasizes that it uses only easy to find ingredients and implies that these are ingredients that are so common and useful that you'll use them all the time. I don't feel that things like coconut flour, hemp seeds, Iso-Whey Vanilla Ice Cream Flavor, hazelnut butter, maca powder, and various flavors of protein powder really fit this description.

Great recipes for do it yourself protein bars. The price goes way down when you make these yourself. I like that some are baked and some are not. I also like knowing what really goes into the things I eat. This is a well written book with lots of pictures and information.

Interesting recipes I don't usually buy the store bars as they're on the expensive side. This book has a good variety of healthy bars and I'm looking forward to making some.

You can make 30 different protein bars with this recipe book, both bake and no bake. I love that the book has photos of the finished product so you know what to expect. There are several recipes you can make up just for a single serving, or make enough to wrap and keep all week. I think my favorite will be no bake chocolate peanut butter bars...mmm!! I got this book free for my unbiased review.

I love this cookbook. I have a diabetic in my home and his doctor and nutritionist both recommend he eat a protein bar as an afternoon snack as his job does not allow for a sit down snack. This book gives a variety of protein bars without any sugar, using honey which is much better for his blood sugar absorption. I can't wait to try some of these recipes to see if they will meet his tastes.

Clearly written with easy to make recipes that sound really good, this little cookbook makes a good addition to your library. Natural, healthy ingredients, you know exactly what has gone into these protein bars and so easy to do. Get hooked on these recipes and never buy another commercial protein bar again. I was given a free pdf for my honest review.

This book contains a variety of home-made recipes for healthier and tastier protein bars. My only issue with this is it seems that many of the recipe-ingredients are high in carbs. Otherwise, the presentations are clear, and the illustrations are great. I received this book free in exchange for my

honest review.

Great book. Highly recommend for the healthy on the go with little time on their hands to get into the kitchen and use few ingredients and little time to make these delicious DIY protein bars. Received the book for free for my honest review from bookeza book club.

[Download to continue reading...](#)

DIY Protein Bars: 30 Delicious and Healthy DIY Protein Bars (diy protein bars, protein bars, high protein snacks) Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness (Ideal Protein Diet, High Protein Diet, Perfect Protein Diet, Lose Weight, Protein Diet Plan) DIY: 365 Days of DIY: A Collection of DIY, DIY Household Hacks, DIY Cleaning and Organizing, DIY Projects, and More DIY Tips to Make Your Life Easier (With Over 45 DIY Christmas Gift Ideas) High Fiber Recipes: 101 Quick and Easy High Fiber Recipes for Breakfast, Snacks, Side Dishes, Dinner and Dessert (high fiber cookbook, high fiber diet, high fiber recipes, high fiber cooking) Raw Vegan Cookies: Raw Food Cookie, Brownie, and Candy Recipes. (Healthy Recipes, Sweet Recipes, Healthy Desserts, Nutritious and Delicious Snacks, Cookies and Bars) High Protein Vegan Cookbook: Delicious And Healthy High Protein Vegan Recipes DIY Protein Bars Cookbook [2nd Edition]: Easy, Healthy, Homemade No-Bake Treats That Taste Like Dessert, But Just Happen To Be Packed With Protein! Ketogenic Diet: Fat Bombs 100 Irresistible Sweet & Savory Snacks: Experience Delicious Ketogenic Snacks and Keto Dessert and Sweets Recipes Super Paleo Snacks: 100 Delicious Low-Glycemic, Gluten-Free Snacks That Will Make Living Your Paleo Lifestyle Simple & Satisfying Super Paleo Snacks: 100 Delicious Gluten-Free Snacks That Will Make Living Your Paleo Lifestyle Simple & Satisfying The Best Homemade Kids' Snacks on the Planet: More than 200 Healthy Homemade Snacks You and Your Kids Will Love (Best on the Planet) The Best Homemade Kids' Snacks on the Planet: More than 200 Healthy Homemade Snacks You and Your Kids Will Love Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Vegan High Protein Cookbook: 50 Delicious High Protein Vegan Recipes High Protein Low Carb Cookbook: Delicious High Protein Low Carb Recipes For Helping You Burn Fat Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) The Everything Whole Grain, High Fiber Cookbook:

Delicious, heart-healthy snacks and meals the whole family will love The Everything Whole Grain,
High Fiber Cookbook: Delicious, heart-healthy snacks and meals the whole family will love
(Everything®) Protein From Plants: A full nutritional guide to vegan protein + recipes, quick-grab
snacks & meal plans

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)