

[E-BOOK] Easy Flourless Muffins, Bars Cookies: Delicious Recipes for Healthy, Portable Gluten-Free Snacks

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Amanda Drozdz

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#101763 in Books Page Street Publishing 2017-02-28 2017-02-28 Original language: English 225.04 x 12.83 x 7.991, .0 #File Name: 1624143334192 pages Page Street Publishing | File size: 40.Mb

Amanda Drozdz : Easy Flourless Muffins, Bars Cookies: Delicious Recipes for Healthy, Portable Gluten-Free Snacks before purchasing it in order to gauge whether or not it would be worth my time, and all praised Easy Flourless Muffins, Bars Cookies: Delicious Recipes for Healthy, Portable Gluten-Free Snacks:

1 of 1 people found the following review helpful. Delicious and HealthyBy siggy26 These recipes are so easy to follow, and I love all of the options to make them healthier. Most of them can be adjusted (for instance, I can't use flax, so I don't). A few of the muffin recipes call for 6 TBS of honey and I've used half that. If you're using something like chocolate chips in the same recipe, you don't need as much sweetener. But Amanda has never failed me for great recipes that are both delicious and healthy! 0 of 0 people found the following review helpful. Five StarsBy DogLoverLove this cookbook. Beautiful pictures, with recipes that look easy to make and use common ingredients. 0 of 1 people found the following review helpful. Five StarsBy William Carattini Great book!

80 Brilliant Ways to Make Snacking a Happy Healthy Affair Indulge your sweet tooth the healthier way with the

simple, quick and tasty delights in Easy Flourless Muffins, Bars Cookies. All of the recipes come together in a snap and are completely gluten-free, using clever techniques and easily found wheat alternatives to get that scrumptious light and fluffy texture in muffins, and the classic chewy goodness in bars and cookies. Amanda Drozd, health coach and snacker extraordinaire, believes healthy living isn't about cutting out the foods you love; it's about making smarter choices. You can do just that with the recipes in this book. Perfectly balanced with just the right sweetness, each muffin, brownie, bar and cookie tastes like an indulgence, but is full of nourishing ingredients you can feel good about eating for breakfast, a midday snack or dessert. Many are also grain-free, oil-free, dairy-free, vegan and refined sugar-free, but they're packed with so much flavor you'd never even know! Plus, they're great portable snack solutions for families with kids. A sampling of the goodies inside are: Honey Almond Oatmeal Muffins, Pumpkin Cream Cheese Muffins, No-Bake Dark Chocolate Trail Mix Bars, Chocolate Hazelnut Stuffed Muffins and Chewy Ginger Molasses Cookies. For the snackers, the midnight brownie-munchers and the busy health-minded parents, these recipes will have you smiling with every bite.

About the Author Amanda Drozd is the health coach and recipe developer behind Running with Spoons, where she uses her passion for food and her own sweet tooth to create snacks and desserts that empower her readers to feel and look their best. Her recipes have been featured in Shape, Women's Health and Fitness. She lives in Edmonton, Canada.