

Raw Energy: 124 Raw Food Recipes for Energy Bars, Smoothies, and Other Snacks to Supercharge Your Body

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✓ Verified Book of Raw Energy: 124 Raw Food Recipes for Energy Bars, Smoothies, and Other Snacks to Supercharge Your Body

Summary:

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Raw snacks are nature's original fast foods - easy to prepare, delicious, and bursting with the ingredients you need to stay healthy and energized on even the busiest days. Stephanie Tourles offers 125 simple recipes for mouthwatering trail mixes, smoothies, energy bars, juice blends, vegetable chips, cookies, and more. Made from unprocessed whole foods like nuts, fruits, vegetables, and grains, each of these snacks contain fewer than 250 calories and are packed with vitamins, minerals, fiber, and enzymes.

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