



Raw Energy Bar Invasion: 50 Fruit and Nut Bar Recipes (Healthy Tastes Great Vegan Cookbook)

Rachel Frank

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From the Author of the #1 Amazon Best Selling Delicious Vegan Cookbook Series

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 bars. 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 \$40 or more a month
- Losing weight
- Having more energy
- 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 flavor recipes
- 10 smoothie flavor recipes
- 4 bread and muffins flavor recipes
- 13 cookie flavor recipes
- 18 dessert flavor recipes

There are also two bonus recipes for making homemade raw granola and raw vanilla liquid extract. These recipes are simple and cost effective ways to start eating healthy.

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