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The Best Homemade Kids' Snacks On The Planet: More Than 200 Healthy Homemade Snacks You And Your Kids Will Love



Synopsis

This book contains delicious recipes for over 200 healthy and homemade snacks for the whole family.

Book Information

Paperback: 240 pages

Publisher: Fair Winds Press (June 15, 2015)

Language: English

ISBN-10: 1592336612

ISBN-13: 978-1592336616

Product Dimensions: 7.5 x 1 x 9.4 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

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Customer Reviews

View larger Chocolate Brownie Energy Bites These are the only brownie bites I don't feel guilty eating at four o'clock in the afternoon. The raisins add fiber while the cashews add protein, making this a satisfying and nutritious snack. - 1 cup (145 g) raisins, packed - 1 cup (120 g) cashews - 1/4 cup (20 g) cocoa powder - 1 teaspoon vanilla extract - 1/4 teaspoon salt - Pinch of cinnamon Place raisins in a medium bowl and cover with hot water. Soak for 5 minutes to soften then drain. Add raisins and all remaining ingredients into a food processor and pulse until mixture is the consistency of sand. Remove blade from the unit. Using your hands, scoop out dough and form into balls on the palms of your hands. Chill for 30 minutes and enjoy. Store in an airtight container in the fridge for up to 1 week. Yield - 18 bites

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