



Snack Attack: Sweet and Savory Snack Recipes the Best and Only Cookbook You Will Ever Need (Paperback)

By Thomas Kelley

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Tasty snacks made from healthy food ingredients are hard to find, aren't they? Grocery stores are packed full with treats and delicious naughty nibbles, but many of these contain massive amounts of sugar and colorings. Not to mention fats that are simply not good for us. Also, in reaching for the convenient snack option, we are sending out the wrong message to our children. In making good nutritional choices now, we are giving them the tools they will need to lead a long, and healthy life. So instead of packing those lunch boxes with cakes, cookies and potato chips, why not go for the healthier and usually less expensive options? There are plenty of sweet and savory snacks that can very easily be prepared quickly and stored at home. This cookbook will help you discover how to swap fried potato chips for baked apple chips, full-fat ice cream for yogurt bites and calorie-laden candy bars for fruit and nut alternatives. Plus, we haven't forgotten there are times too, when we crave a midnight snack, and we have included such...

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