

Raw Snacks



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Reviews

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RAW SNACKS



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Grub Street. Paperback. Book Condition: new. BRAND NEW, Raw Snacks, Caroline Fibaek, Spicy nuts, crunchy raw chocolate truffles, dream bars, liquorice almonds, grape lollipops, date fudge, candy crunch popsicles, nut shakes, coffee substitutes and energy drinks are just a few of the quick, easy and healthy raw food snacks that Caroline Fibaek, Denmark's leading raw food exponent, presents in her gorgeous book Raw Snacks. She provides tempting recipes that will inspire you the next time the craving for sugary, chocolate candy and other fat filled sweets comes upon you. Here are tips to quit comfort eating and bad and unhealthy habits once and for all. You'll get practical advice on how to fight the craving for sweets, and how you can easily replace the unhealthy, sweet and fatty with healthy, delicious and especially nutritious alternatives. Let health, balance and happiness be your new addiction - because you can really get addicted to feeling good!.



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