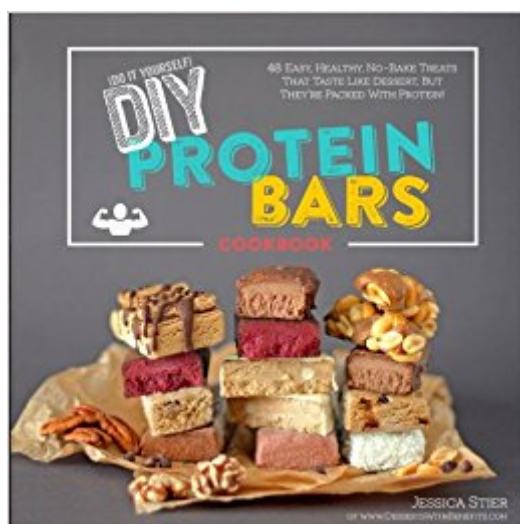


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# DIY Protein Bars Cookbook [2nd Edition]: Easy, Healthy, Homemade No-Bake Treats That Taste Like Dessert, But Just Happen To Be Packed With Protein!



## Synopsis

Welcome to the DIY Protein Bars Cookbook [2nd Edition]: a collection of 48 easy, healthy, no-bake treats that just happen to be packed with protein! This hot-selling cookbook has been revamped with an all new, restyled interior design, upgraded photography, and updated recipes based on customer feedback and to streamline the bar-making process. Enjoy! All of the recipes are (or can easily be made) gluten-free, dairy-free, soy-free, and vegan, but youÃ¢â¬â¢d never know it. These protein bars are so tasty, addicting, and good for you, youÃ¢â¬â¢ll never go back to the store-bought stuff again. And the fun doesnÃ¢â¬â¢t stop there. Every recipe in this cookbook is all-natural -- no artificial sweeteners, synthetic food dyes, artificial food flavorings, hydrogenated oils, or preservatives, whatsoever. That list right there is unheard of when it comes to store-bought protein bars. Each recipe comes with a nutrition label so you can see how many calories, grams of fat, carbs, protein, etc., are in each serving. No matter what, though, there are options for everyoneÃ¢â¬â¢s nutritional preferences: (refined) sugar-free, cholesterol-free, low-calorie, low-sodium, high-fiber, and high-protein. These recipes might be Ã¢â¬â¢freeÃ¢â¬â¢ of some stuff, but they sure arenÃ¢â¬â¢t free of flavor. These recipes are a total godsend for the health-conscious protein bar lovers out there (aka, YOU). LetÃ¢â¬â¢s all make the same, scratch that, better versions of store-bought bars right at home!

## Book Information

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## Customer Reviews

Jessica Stier is the blogger behind the healthy dessert recipe blog, Desserts with BenefitsÃÂ (www.DessertsWithBenefits.com). She is also the author, photographer and recipe developer for the DIY Protein Bars cookbook, which was inspired by her blog. Jessica is a healthy dessert expert,

with an interest and a strong scholarly background in the fields of Nutrition and Dietetics due to her schooling in university. She is a chocolate lover with a serious passion for sweets... healthy sweets, that is!

This book is a great inspiration to eat healthy and make protein bars at home. However, many of the recipes don't really work... I don't know how the pictures in the book look so good. I followed the recipes exactly and even weighed out the same ingredients/brands she specifies in the book and the consistency of the bars never come out right. Some are dry and grainy so when you try to cut them into bars they just fall apart, others so soft or sticky you could only eat them with a spoon. I gave it two stars because she does give a lot of good information in the beginning of the book about nutritious products to use in your baked goods. Also, I think some of the recipes can be adjusted so that they work... just expect some trial and error. The cookie dough for example, after trying to cut the mush into bars without any success, I scooped it out of the pan and onto a cookie sheet with an ice cream scoop and baked them at 350 degrees for about 10 minutes. That worked out pretty well! If you want to give the bars a try just make sure you can get the ingredients at a reasonable price... My initial batch cost about \$70 to get all the ingredients, most can be reused in other recipes, but after trying 1 bar the rest of my initial batch went into the garbage. :)

I have made about 5 different bars so far and I am absolutely pleased with my purchase. I am surprised to read negative reviews complaining about buying various ingredients. Do you need to buy special ingredients to make these Bars? Yes! But typically one needs to buy ingredients to follow many recipes. So - it's nothing new to me. I would recommend following the weights when given - as Jessica points out a big difference between 1/2 c packed oat flour and 1/2 c unpacked. So - use the scale. I have also found that if the bar is not quite smooth enough, all you typically need to do is add 1-2 Tablespoons of almond Milk or coconut milk or whatever milk is called for in the book. I also have found the Bars freeze well - but make sure you wrap in parchment. Super handy for meal prep. Looking forward to making more of these!

Great book with really good recipes. Unfortunately all the bars had carbohydrate counts too high for my diet but I think the book will be good after I have lost the weight.

I do weightlifting 5-6 days a week and I've gotten tired of protein powder shakes after workouts, so I started eating bars instead. I decided to try this cookbook out to see if I can make my own instead of

buying them. So far I've tried the red velvet protein bar recipe, and they're amazing! It doesn't taste like I'm eating a protein bar at all, more like dessert. You'll have to be careful not to devour the whole batch in a day! I can't wait to try all of the other recipes. The calorie, protein, and sugar content in these are comparable to commercial bars, but there are less ingredients and they are very natural. Jessica uses things like beets and spinach to add color to certain bars instead of dyes. As a side note, some protein bars I've purchased can cause uncomfortable gas and bloating, but these don't at all. Some of the ingredients are a bit expensive initially but it's totally worth it, you'll end up paying less in the long run than buying bars. The only complaint I have is with the book itself- the binding makes it hard to keep it open to the page I need when I'm baking.

Yummy protein bars,great find.

Love it!!! Can't wait to try them all.

love it 100%

Received as a Christmas gift and looking forward to trying lots of the recipes.

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