

20 Healthy Snack and Dessert Recipes: Recipes your family will love



20 recipes that are all easy to make, use recognizable ingredients and will keep you full and satisfied. Recipes include: Peanut Butter Chocolate Chip Cookies Chocolate Coconut Banana Bread Raw Chocolate Truffles Cashew Chocolate Balls Dessert Hummus Blueberry Oat Muffins and more! Recipes are customizable for gluten free, vegan and paleo diets! You want to be eating better and know that you should, but you aren't really sure where to start. Sometimes eating healthy can feel boring but you don't like boring! You like delicious food. You don't want to have to be searching for recipes every time you want to eat something healthy and nutritious! You need a reliable book that will give you great recipes that are tried and true. This is where my recipes come in! Why did I create these e-books? Well, for one, because my clients and readers asked for it! The number one question I get is what should I eat for breakfast?. I had so many recipes that I don't use in my product line anymore and it was only natural to share them with the people I know would LOVE and use them! I'm Nicole Culver. Founder of Blissful Eats, small business owner and health coach. My passion is to help women see and learn that they can take care of themselves, eat healthy and live a happy life without devoting their entire day to health and fitness. I have spent hundred, maybe even thousands of hours researching health, nutrition, ingredients and all things fitness and I love sharing what I've learned with you. I started Blissful Eats in 2011 with a large product line. My muffins, snack bites and granola bars were among my most popular items, but I had a huge problem. I use the freshest, best quality ingredients and with that, comes spoilage. I had to take them off my product line and the recipes have been in my vault, until now. I spent hours crafting and tweaking each one of these recipes for YOU! I'm so thrilled to be able

to get them back in your hands. These are recipes that have been truly created with love and your health in mind. I just know you'll love them and your family will too. I hope you enjoy these recipes as much as I do! Wishing you many hours of baking success!

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