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Healthy Paleo Snacks Cookbook: 50 Plus Delicious Paleo Diet Recipes for a Healthy Paleo Diet.: Quick and Easy Paleo Snacks Cookbook Guide for Preparing ... Recipes to Lose Weight and Live Healthier)

Dr Janet D Williams

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Your Quick and Easy Paleo Snacks Cookbook Guide for Preparing Everyday Healthy Paleo Snacks.

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You’re about to discover how to Quickly and Easily Prepare Healthy Paleo Snacks for Everyday Occasion. This book contains proven steps and strategies on how to remain fit and healthy by following Paleo diet. This book has been compiled with quick and healthy Paleo recipes that would help you a great deal to manage your work and personal life well. These recipes are not only quick and healthy but delicious as well, so you don’t have to compromise on your taste buds to pick this healthy life style. I hope that you will be able to plan your menus with great ease with the help and guide of this cookbook book in the days to come.

Here Is A Preview Of What You'll Learn from this Paleo Snacks Cookbook

- Healthy Paleo Snacks for Kids’ Tiffin
- Simple Paleo Snacks Recipes
- Paleo Movie Snack Recipes
- Paleo Travel Snack Recipes
- Paleo Snack Recipes for Work
- Much, much more!

Healthy Paleo Snacks for Kids’ Tiffin
Hey all you moms out there! Do you feel stressed out to think about what to pack for kids’ snacks? I am sure you do. So, here I am to arm you with some simple and healthy kids snack recipes that you can pack for their lunch quickly. So keep reading and keep having fun!
Recipe1

Hard Boiled Eggs
They are perfect protein snack on the go for your little ones!
Ingredients:
1 egg
A couple black sesame seeds
2 little pieces of round carrot for nose
Method:
1. Boil eggs and let them cool down for a minute.
2. Peel the skin off and cut it into 2 equal halves.
3. Now put 2 black sesame seeds on each half in a way that it looks like a pair of eyes. Repeat same with the other half.
4. Put carrot pieces at the place of nose in both the halves.
Recipe 2
Fresh Fruits Skewer
Ingredients
2-3 watermelon pieces
2-3 cantaloupe pieces
A couple of grapes
A couple strawberries
A couple of blueberries
Number of skewers as needed
Method:
1. Cut watermelon and cantaloupe with desired shapes (for e.g., hearts, round)
2. Take a medium sized skewer and insert the fruits one by one in way that it looks colorful and beautiful. Do the same with remaining fruits, if any.
3. Pack it in a box or zip lock bag for your kids' snack.
Recipe 3
Salted Nuts Snack
Ingredients:
10 almonds raw
A handful of green raisins
A handful of pumpkin seeds raw
Few cashews raw
Few pistachios
Few walnuts
Method:
1. Dry roast all almonds, cashews, walnuts, and pistachios in a pan by sprinkling some olive oil.
2. Turn the flame off and add raisins and pumpkin seeds later
3. Sprinkle salt and pepper. Mix well.
4. When cooled down thoroughly, pack it in a zip lock bag as a snack for school or after sports boost up. The best thing is that you can make it ahead of time in bulk so that you do not have to make it every day.
Recipe 4
Nutritive Snack Bar
Ingredients:
12 pitted dates
½ cup chopped almonds
250 g almond butter
1 cup flax meal
½ cup dark chocolate chips

½ cup dried cranberries
Wax paper
Method:
1. Process dates in a food processor until it starts forming a ball.
2. Add chopped almonds and pulse so that nuts get well blended in to the date's mixture.
3. Add the remaining ingredients and process further to a point when the mixture becomes crumbly. Do not over blend

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