



Super Healthy Snacks and Treats

Jenna Zoe

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When Jenna Zoe decided to clean up her eating, she started to devise recipes that would allow her to enjoy treats and snacks without guilt and with the kinds of ingredients that her body could harness for well-being, vitality and sustenance. Super Healthy Snacks and Treats is an inspiring collection of recipes to make you change the way you snack and see and feel the benefits in no time. Jenna replaces refined sugar with natural sweeteners such as agave syrup and maple syrup; wheat flour with wheatfree alternatives; and dairy with nut and soya milks and health-giving oils. And she packs the snacks with fruit, vegetables, nuts, seeds and other superfoods to furnish your body with long-term health-enhancing vitamins and minerals, not just instant fuel. The chapters are Breakfasts, Power Snacks, Savoury Nibbles, Dips & Dippers, Sweet Bites, Cookies and Bakes. There are baked kale chips; imaginative dips like edamame and miso or light babaganoush to enjoy with gluten-free crackers or vegetable twists; peanut butter cups, chocolate chip coconut cookies, no-bake crispie cakes and biscotti; and proper baked goods like banana bread and cinnamon buns.

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