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Autore	Light The Editors of Cooking
Titolo	Cooking Light Snacktastic! : 150-Calorie Snacks That Keep You Satisfied
Pubbl/distr/stampa	Birmingham : , : TI Inc. Books, , 2016 ©2016
ISBN	9780848750770 0848750772
Edizione	[1st ed.]
Descrizione fisica	1 online resource (232 pages)
Disciplina	641.53
Soggetti	Snack foods Low-calorie diet
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Cover -- Title -- Contents -- Introduction -- Stock Up Wisely -- Creamy -- Crunchy -- Sweet -- Savory -- Great Packaged Snacks -- Menu Nutritional Information -- Nutritional Information -- Metric Equivalents -- Copyright.
Sommario/riassunto	When hunger strikes, it's often unhealthy, highly processed foods that beckon, even though nutrition-dense and delicious snacks can be prepared in less time than an elevator ride to the breakroom or vending machine. Cooking Light Snacktastic provides busy people with recipes and ideas for quick, great-tasting, fun snacks with benefits-so they can save time and money while preserving their health and waistlines. Cravings and between-meal nibbling often derail healthy eating habits. Smart snacking can be one of the best tools for losing weight, gaining muscle, fighting fatigue and keeping a diet on track. Cooking Light Snacktastic highlights the best times of the day for snacking, optimal ratios of protein, fat, fiber, and carbohydrate, best food choices to provide energy before a workout and for recovery after one and anytime in between. Focusing on whole foods, combined sensibly and conveniently, this book is a must for moms, teachers, coaches, athletes and anyone wanting to optimize energy while satisfying hunger. With 100 deliciously satisfying recipes for sustained energy, you can say

"goodbye" to the afternoon crash and "hello" to better health and performance. Try Peanut Butter-Chocolate Chip Granola Squares, Deviled Eggs with Bacon, Cheddar-Apple Cracker Bites, and Pimiento Cheese Poppers. Make homemade versions of commercial snacks like BBQ Potato Chips with Ranch Dip and Strawberry Cereal Bars, and much more

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