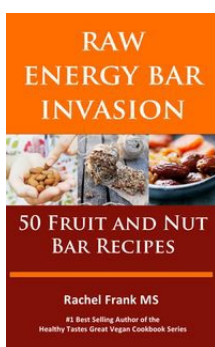


RAW ENERGY BAR INVASION: 50 FRUIT AND NUT BAR RECIPES

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Each individual has a unique food personality. The key is finding the balance point at which you feel great and are healthy. Rachel Lynn Frank, Raw Energy Bar Invasion: 50 Fruit and Nut Bar Recipes //

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Excellent book, I was also a drill sgt when I registered and won this book and my wife used it to add healthy snacks to my bag as I was on the go all day.