

# Energy Bites for Everyone

80 Flavor Bombs for the Whole Family

By Sonia Lizotte

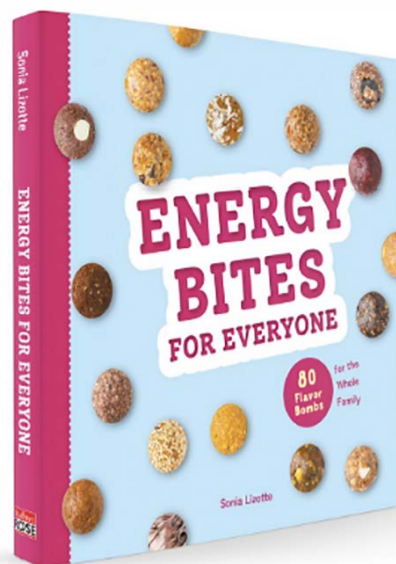
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Paperback / 8" x 8" / Full-color photography throughout

**Energy bites are the smarter way to snack!**



These on-the-go energy powerhouses are loaded with flavor and nutrition, and *Energy Bites for Everyone* makes them more accessible than ever! Instead of buying expensive prepared energy bites, you can make delicious and healthy nibbles at home for the whole family to enjoy. Best-selling author Sonia Lizotte delivers **80 recipes** in four distinct sections for all tastes and moods:

**Motivating Bites:** These are perfect for when you need energy boost in perky flavor combinations, like **Pecan and Coffee** or **Granola and Cranberry**.

**Delectable Bites:** Delight your kids or inner child with these yummy yet healthy bites made with flavors like **Toasted Coconut**, **Pistachio Mint** or **Old-Fashioned Donut**.

**Decadent Bites:** Insatiable sweet teeths relish in luscious flavors like **Dulce de Leche** and **Piña Colada**.

**Surprising Bites:** Go on a journey with unusual and unique flavors such as **Cheese and BBQ Chip** or **Tofu Maple Walnut**.

Whether you're looking for an after-school snack or a little pick-me-up after lunch, expect simple, delicious and wholesome recipes that don't compromise on flavor.

## Key Takeaways:

- **80 recipes with full-color original photographs** for every recipe.
- The **8-inch-square design** is ideal for **gift-book display** and makes **the perfect holiday gift**.
- Energy bites (also called energy balls) are mostly no-bake treats that take minutes to prepare and make for **quick, portable breakfasts and snacks**.
- **Healthier and more cost-effective** than most commercially packaged snacks and desserts
- Nutritious and fortifying; **rich in protein, fiber and carbohydrates**.
- This beautifully designed book is **perfectly sized for counter display and table promotion**.
- The **original photography** and design cater to cooks, caregivers and children, making each recipe easy to follow and enjoy.
- The book also includes **practical storage and freezing tips** to help busy families stay organized.

## About the Author

**Sonia Lizotte** is the founder of Culinary Squad, a full-service food business. She is also a speaker, food stylist, consultant, teacher and author of numerous best-selling books. She is based in Montreal, Canada.



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