



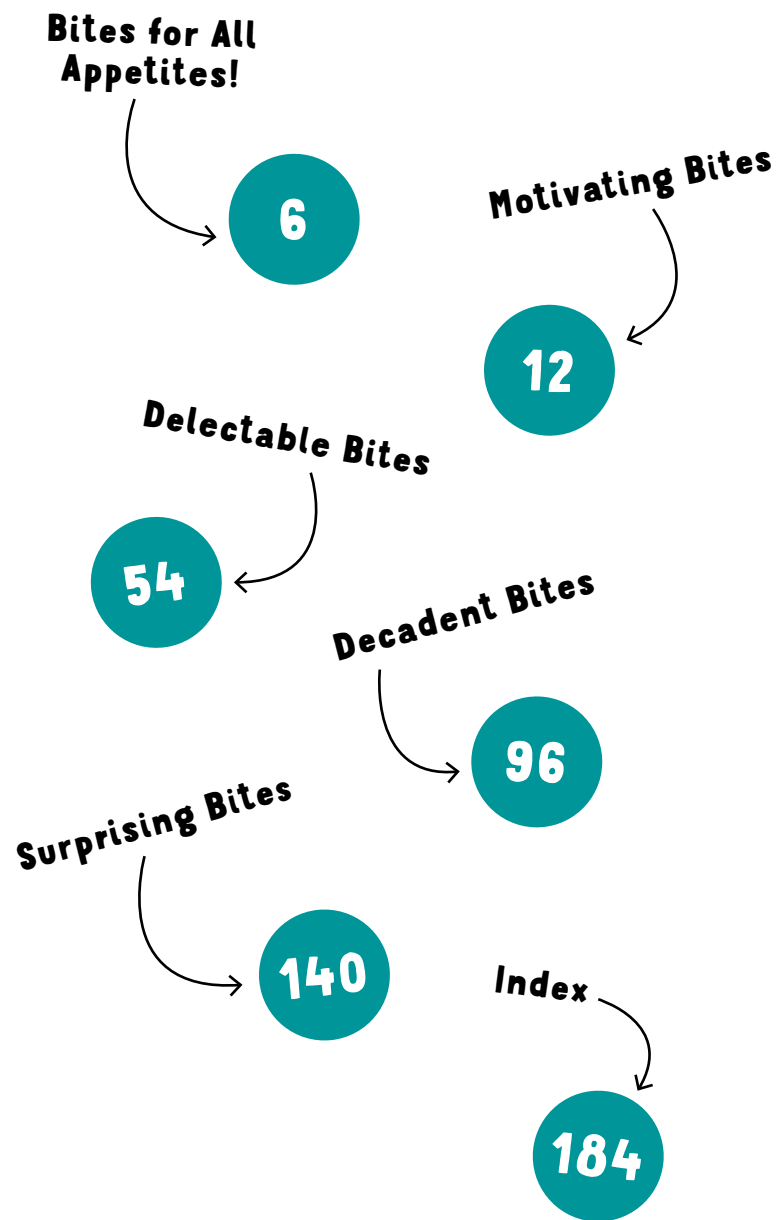
ENERGY BITES FOR EVERYONE

80
Flavor
Bombs

for the
Whole
Family

Sonia Lizotte

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Bites for **ALL** appetites!

Energy bites are nutritious and fortifying, rich in protein, fiber and carbohydrates. They require little effort in the kitchen even though they are super energizing. Plus, you can easily carry them in your purse, sports bag or backpack, so you can eat them anytime, anywhere!

These perfect snacks help overcome mid-afternoon slumps, allow active people to recharge their batteries before or after exercising and satisfy the cravings of kids and adults alike. They can even stand in for a quick breakfast when you're in a hurry. Say goodbye to often pricey store-bought bars that contain ingredients with questionable nutritional value!

Motivating bites
PROVIDE ENERGY AND
VITALITY AND ARE PARTNERS IN
PHYSICAL ACTIVITY



Delectable bites
OFFER PLENTY OF
TASTE SENSATIONS AND EVOKE
CHILDHOOD MEMORIES

Decadent bites
MOVE YOU TO GIVE IN
TO TEMPTATION
WITH ZERO GUILT



Surprising bites
INVITE YOU ON A JOURNEY
WITH THEIR UNUSUAL
AND UNIQUE FLAVORS

How to make the
**PERFECT
BITES!**

1
ADD **LIQUID** (WATER, MILK OR OTHER)
IF THE MIXTURE IS TOO DRY OR ADD A **BINDER**
(OATS, ALMOND FLOUR OR OTHER) IF IT IS TOO WET.

2
USE A **MEASURING SPOON** TO MAKE
BALLS THAT ARE UNIFORM IN SIZE.

3
BEFORE SHAPING THE BALLS, **REFRIGERATE** THE MIXTURE
IF THE CONSISTENCY IS TOO SOFT.

4
WET YOUR HANDS BEFORE SHAPING THE BALLS
TO MAKE THE TASK EASIER.





Lemon Poppy Seed

Makes around 24 bites

🕒 10 minutes 📅 2 weeks 🌱 3 months

Preparation

- 1 In a food processor, process the oats to a fine powder.
- 2 Add the remaining ingredients.
- 3 Add the water, 1 tbsp at a time, and process until the mixture forms a ball. It should resemble the consistency of cookie dough.
- 4 Shape into balls, using about 1 tbsp of the mixture for each one.





Hot Chocolate

Makes around 24 bites

🕒 15 minutes 📅 2 weeks 🌱 3 months

Preparation

- 1 Place 1/4 cup (50 g) hot chocolate powder in a shallow dish. Set aside.
- 2 In a food processor, process the corn flakes to a fine powder.
- 3 Add the remaining ingredients except the milk.
- 4 Add the milk, 1 tbsp at a time, and process until the mixture forms a ball. It should resemble the consistency of cookie dough.
- 5 Shape into balls, using about 1 tbsp of the mixture for each one. Coat evenly with hot chocolate powder.



Strawberry Basil

Makes around 24 bites

🕒 15 minutes 📅 2 weeks 🌱 3 months

Preparation

- 1 Place all the ingredients in a food processor.
- 2 Add the water, 1 tbsp at a time, and process until the mixture forms a ball. It should resemble the consistency of cookie dough.
- 3 Shape into balls, using about 1 tbsp of the mixture for each one.



The Smarter Way to Snack

Energy bites are the smarter way to snack. In just a few quick and easy steps, you can make delicious and healthy nibbles for the whole family to enjoy. Bestselling author Sonia Lizotte offers 80 recipes in four distinct sections for all tastes and moods including:

- **MOTIVATING:** Pecan and Coffee, or Granola and Cranberries are bites that boost and give fuel!
- **DELECTABLE:** Toasted Coconut, Pistachio and Mint, or Old-Fashioned Donut bites will delight your kids or inner child while still being healthy.
- **DECADENT:** Dulce de Leche, or Piña Colada bites are little desserts to satisfy a sweet tooth.
- **SURPRISING:** Cheese and BBQ Chips or Tofu Maple Walnut bites take you on a journey with their unusual and unique flavors.

This beautifully designed book is perfectly sized for counter display and table promotion. The original photography and design are great for cooks, caregivers and children, making each recipe super simple to follow and enjoy. The book also includes practical storage and freezing tips to help busy families on the go.

AUTHOR BIO

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

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SUBJECT / CATEGORY: COOKING / Methods / General

MARKETING & PUBLICITY

- Robert Rose will launch a targeted marketing and publicity campaign across North American platforms.
- Extensive national and regional food & family print and online publicity campaign.
- Blogger and reviewer campaign targeting all food and family sites.
- Strategic social media campaign including all author and publisher platforms and channels (Website, Facebook, TikTok, Twitter, Instagram, Newsletters).
- Focus on special online and virtual opportunities for advertising and direct to consumer marketing.