



Superfood Snacks: 100 Delicious, Energizing & Nutrient-Dense Recipes

Julie Morris

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Cookies packed with protein. Savory crackers that help balance blood sugar. Chocolate truffles bursting with anti-aging antioxidants. With benefits like these, you'll never look at snacks the same way again! Julie Morris, New York Times best-selling author of *Superfood Smoothies* and *Superfood Kitchen* (both Sterling), proves that crave-worthy treats can be abundantly healthy too. Revolutionary superfoods like chia seeds, acai, and maca combine with whole food ingredients in 100 recipes, which creatively transform "guilty" pleasures into incredible snacks loaded with premium nutrients. From superfood standbys like the Every Berry Smoothie Bowl to adventurous must-tries like the Maqui Mint Truffles or Brussels Sprout Crisps, these wholesome snacks and sweets will nourish, delight, and energize the whole family.

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