



ENERGIZING SNACKS For Athletes Big and Small (And Active People!) Madame Labriski

Simple and tasty snacks to eat BEFORE, DURING and AFTER exercise ... or at the office in the middle of the afternoon!

200 pages

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Éditions de l'Homme

> Over 25,000 copies sold

Madame Labriski, who is firmly determined to become the queen of snacks, says it loud and clear: this book is the reference for making snacks that are both nourishing and delicious. A business woman, proud marathoner, and mother of two active young children, Madame Labriski knows all about different snack requirements. In *Energizing Snacks*, she offers 75 simple recipes, all sweetened with date puree, with no added refined sugar, and all made using one bowl and a single spoon. Some are protein-rich, others are nut free, all the snacks have been tested in gluten-free and dairy-free versions, and all are made with easy-to-find ingredients. What should you eat before, during and after exercising? Which snack should you choose for best recovery? What should you eat in the evening if you're a little bit hungry? What snacks should you slip into your children's lunch box? What should you take to the office to hold you until your next meal? The bars, energy balls, cookies, candy, drinks, spreads, dips, smoothies and quick-cooking oatmeal suggested in this book will meet the needs of big and small, with lots of humour for good measure!

STRONG POINTS

- The recipes are sweetened only with date puree; they provide a solid dose of energy and have been tested without gluten and without dairy; they are suitable for those with gluten and lactose intolerances.
- The recipes have been approved by athlete and sports nutritionist Isabelle Morin, accredited in sports nutrition by the International Olympic Committee.
- The book is written for athletes big and small, whether they are training early in the morning, playing a match of soccer in the early evening, getting ready for a major event, or deciding on a beautiful winter afternoon to go for a hike in the mountains.

Subjects: snacks, energy, date puree, sports activities

Madame Labriski is Mériane Labrie, and she makes war on refined sugar as fuel, replacing it with date puree. A mother of two, she is also a communication expert, an award-winning self-taught entrepreneur, energizing speaker, marathon runner, passionate about healthy lifestyles and founder of the Madame Labriski brand. Full of enthusiasm and possessing extraordinary energy, she firmly intends to contribute to improving the health of earthlings one recipe and one spoonful of date puree at a time.

THE DATE PUREE REVOLUTION

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> 60,000 copies sold in French

THE MUFFINS EVERYONE'S TALKING ABOUT

> Over 41,000 copies sold in French



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