

No doubt a number of the commercial energy bars produced today are healthful, but if you're the type of person who pays attention to their diet and wants the best for your body then personalizing your own nutrition bar will appeal to you. And that's what this recipe book will help you do. This book is more of a guide than a recipe book. The recipes (twenty) are not "cast in stone." All are easily modified and almost impossible to screw-up as NO leavening agents, chemical preservatives, egg, oil, sugar or "temperamental" ingredients are used. The recipe combinations are practically endless. You'll be amazed at how simple the recipes are. Have fun: design your very own fresh, healthy cereal/energy bars! -Tony "T"

"As a Chiropractic Physician with many hundreds of hours of postgraduate study in the field of nutrition, I can attest to the health benefits of the various PUGs. The easy recipes, with the grocery list on the back of the page plus the nutritional information, make healthy eating a breeze. I am recommending "The pug bread Recipe Book" to my patients, especially those that "just don't have time for a good breakfast". With pug bread, everyone can have an easy to make healthful breakfast - in seconds."

-D.A. Erickson - Chiropractic Physician

"Need a pick me up before you start any project? E-Z trails granola does it for me. Great taste and easy to make. I don't start any day without it since I first tried it 5 months ago." -Gail- RN:Wenatchee, WA.

"The best energy bar I've ever tasted. The flavor is exceptional, not to mention the health benefits received from these super recipes. Master T has made the nutrition industry stand on its ear with this recipe book. The effects of these recipes are experienced immediately and they're a blast to prepare. Thank you for "The Eliminator", it's worked like a charm. All natural, all fun. My life has been transformed! Thank You!" -Lu Ann K Brown: Spokane, WA

"As a full-time working mother of five, pug bread is great! I use it for on the go nutritional snacks and breakfast bars. Thanks to pug bread, my life is a little easier." -Karen:Wellpinit, WA.

What is PUG? PUG stands for Personalized Unleavened Granola bread. This is a generic name for a style of homemade bread designed for nutrition and ease of preparation. These are compact, heavy, dense, moist and chewy, extra large cereal/energy bars (in one master loaf) that will slice into 16 each 3 to 4 ounce bars. They contain no yeast or other leavening agents, chemicals or preservatives.....(from pg 7: PUG FAQ)

"I tried out a couple of recipes. In one of them I substituted other ingredients. The "breads" turned out great. Slices of this bread are more like energy bars. The basic recipe is fool proof. One can pick and choose variations of the basic ingredients and then get real creative with the extra added ingredients. Of course, one can also pick one the 20 interesting recipes in this book." -Karin:Germany

"Amazingly simple to make.....no kitchen skills or equipment necessary" -Carrol:Washington

"Revolutionary idea! Mix what you want in a bowl and bake" -Bob:Deer-Lake, Washington

"The ingredients chart is extremely helpful for building any type of energy bar you want" -Jeff:Denver

"Very informative website, Thank You" -Ron:Michigan



PLEASE VISIT www.pugbread.com

THIS IS A SUPPORT SITE FOR THE BOOK. THERE ARE MANY PHOTOGRAPHS AND STEP-BY-STEP RECIPE INSTRUCTIONS FOR BOOK OWNERS. (JUST CLICK ON "HELP" (pictorial)) PLUS:

- TIPS & IDEAS FROM THE AUTHOR
- MORE THAN 80 HELPFUL & INFORMATIVE LINKS
- UNPUBLISHED RECIPES/SPECIAL DIETS HELP
- OVER 100 PAGES OF INFORMATION



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