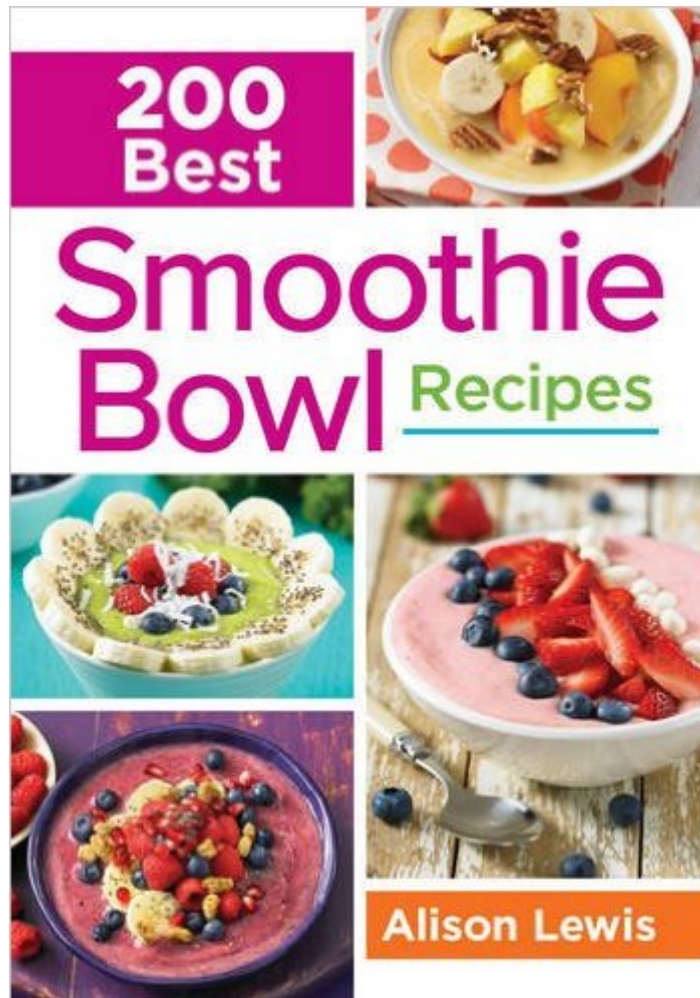


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200 Best Smoothie Bowl Recipes



Synopsis

Smoothie bowls are the perfect way to add fresh fruits, superfoods and proteins to everyday fare. Adding a smoothie bowl to morning routines guarantees a great start to the day and for lunch too. Smoothie bowls are thicker than regular smoothies - thick enough to eat with a spoon. These 200 recipes can be enjoyed anytime for a refreshing, filling and healthy meal or even a delicious dessert.

Whether a smoothie bowl is packed with fruit, leafy greens, nuts or a base of coffee or tea, there is a recipe here perfectly suited for any occasion. The colors, textures and crunch are incredible and all sorts of delicious toppings can be added that will take a meal to a whole new level. Here's just a small sampling of the sumptuous smoothie bowl recipes: Breakfast Smoothie Bowls Breakfast Harvest Bowl, Frosty French Toast, Breakfast Starter, Pear Pleaser, Sunrise Smoothie Bowl, Energy Buster, Peanut Butter Oat Bowl Green Creations Clean Green Bowl, Blueberry Flaxseed Bowl, Strawberry Avocado Bowl, Green Zinger, Citrus Kale Bowl, Parsley Pear Bowl, Spinach Almond Bowl Kid-Friendly Smoothie Bowls Almond Butter and Jelly Bowl, Berry Crunch, Nutella Banana Bowl, Peach Paradise, Mocha Smoothie Bowl, Grape Ape, Peanut Butter Cup Anytime Smoothie Bowls Pistachio Vanilla Bowl, Pick-Me-Up Bowl, Watermelon Strawberry Bowl, Dreamsicle, Chocolate Cherry Bowl, Pumpkin Pie Bowl, Afternoon Delight These thick, creamy and delicious smoothie bowls will undoubtedly become a welcome addition for any family.

Book Information

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Customer Reviews

Whenever my husband or kids eat ice cream, they mix it up with milk, and eat it with a spoon. I

don't eat much ice cream, but I do enjoy smoothies, and Smoothie Bowls is a similar idea " smoothies, often with extra toppings, which we eat with a spoon. Chapters include breakfast smoothie bowls, green creations, kid-friendly smoothie bowls, anytime smoothie bowls, coffee and tea smoothie bowls, and dessert bowls, and a chapter on toppings. There is also an introduction which explains the concept, benefits, tips, troubleshooting, healthy ingredients, and offers suggestions for blenders and how to build your bowls. I really love the unexpected combinations that some of the many, many recipes offer, like the plum honeydew or the watermelon pomegranate. My whole family really loves include the complete breakfast smoothie bowl, which we enjoy with toppings of chopped pecans and shredded coconut. The breakfast-to-go and superfood smoothie are also popular in our family. I really like the upside-down apple pie bowl " with extra cinnamon " and the green coconut bowl, which includes some kale in it, so we can easily get some extra greens in our diet.

We love cookbooks that take a traditional topic and put a creative spin on it and author Lewis accomplishes that goal admirably with this volume. Rather than create nutritional, delicious smoothies that are served in a glass, Lewis shares 200 ways to enjoy smoothies creatively arranged and garnished with fresh ingredients and served in a bowl for breakfast, lunch, dinner or simply snacking. We love that Lewis reaches beyond the most common fruits and veggies normally featured in smoothie drinks and includes ingredients such as kale, mulberries, figs and pumpkin puree to fashion her colorful creations. The author also provides a wide range of suggestions for toppings, arranging your ingredients to please the eye as well as the palate, and tips for ingredient substitutions. Although Smooth Bowls can be enjoyed year-round, their ease of preparation, use of fresh foods and chilled temperatures make them perfect menu offerings for the warmer days of spring through Indian summer!

That is a shame. I wanted to see a lot of beautiful pictures. The fascination of smoothie bowls is in their looks! It is important to me if a recipe book to inspire me to make my own colourful world. I will probably not open the book again.

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