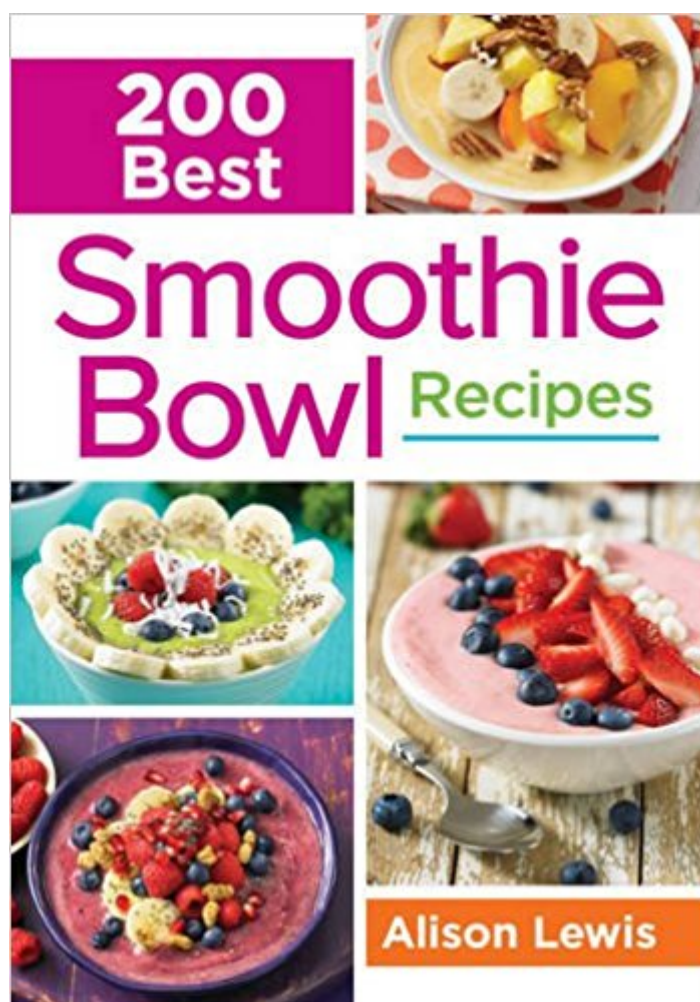


The book was found

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

Paperback: 240 pages

Publisher: Robert Rose (April 1, 2016)

Language: English

ISBN-10: 0778805336

ISBN-13: 978-0778805335

Product Dimensions: 6.9 x 0.6 x 9.9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars See all reviews (6 customer reviews)

Best Sellers Rank: #698,947 in Books (See Top 100 in Books) #221 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Breakfast #225 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Cheese & Dairy #544 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies

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.

[Download to continue reading...](#)

200 Best Smoothie Bowl Recipes Smoothie Recipe Book: 150 Smoothie Recipes Including Smoothies for Weight Loss and Smoothies for Optimum Health Nutri Ninja Master Prep Blender Smoothie Book: 101 Superfood Smoothie Recipes For Better Health, Energy and Weight Loss! (Ninja Master Prep, Nutri ... Ninja Kitchen System Cookbooks) (Volume 1) Green Smoothie Recipe

Bible: 80+ Green Smoothie Recipes for Weight Loss and Wellbeing for your Bullet Style Blender
The Smoothie Maker Recipe Book: Delicious Superfood Smoothies for Weight Loss, Good Health
and Energy - Works with Any Personal Blender or Smoothie Maker Smoothies For Kids: 80+
Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse
Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40) Smoothies for Diabetics:
85+ Recipes of Blender Recipes: Diabetic & Sugar-Free Cooking, Heart Healthy Cooking, Detox
Cleanse Diet, Smoothies for ... loss-detox smoothie recipes) (Volume 54) Green Smoothies: 40 Best
Green Smoothie Recipes to Lose Weight and Detox Your Body A Beautiful Bowl of Soup: The Best
Vegetarian Recipes Anti-Inflammatory Diet Box Set: Anti-Inflammatory Diet Recipes Breakfast,
Lunch, Dinner And Smoothie Recipes Best of the Best from Hawaii: Selected Recipes from Hawaii's
Favorite Cookbooks (Best of the Best State Cookbook) Best of the Best from Big Sky Cookbook:
Selected Recipes from the Favorite Cookbooks of Montana and Wyoming (Best of the Best
Cookbook Series) Best of the Best from the Deep South Cookbook: Selected Recipes from the
Favorite Cookbooks of Louisiana, Mississippi, and Alabama (Best of the Best Regional Cookbook)
Best of the Best from Alaska Cookbook: Selected Recipes from Alaska's Favorite Cookbooks (Best
of the Best Cookbook Series) Domine el Inglés en 12 Temas. Libro Segundo: Más de 200
palabras y expresiones de nivel intermedio explicadas: [Master English in 12 Topics. Book Two:
Over 200 intermediate words and expressions explained] CCNA Routing and Switching Portable
Command Guide (ICND1 100-105, ICND2 200-105, and CCNA 200-125) CCNA Routing and
Switching Complete Study Guide: Exam 100-105, Exam 200-105, Exam 200-125 Nutribullet Recipe
Book: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So Much More! Crazy Sexy Juice:
100+ Simple Juice, Smoothie & Nut Milk Recipes to Supercharge Your Health The Ultimate
Smoothie Book: 130 Delicious Recipes for Blender Drinks, Frozen Desserts, Shakes, and More!

[Dmca](#)