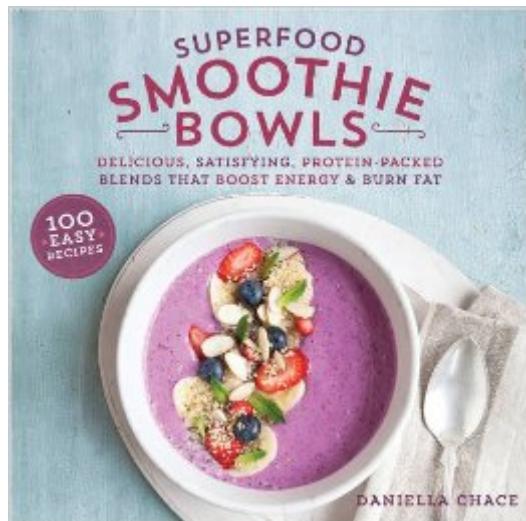


The book was found

Superfood Smoothie Bowls: Delicious, Satisfying, Protein-Packed Blends That Boost Energy And Burn Fat



Synopsis

What if you could eat a vegan, protein-packed meal every day that tasted more like an ice cream sundae than health food? It's possible: these 100 simple recipes for smoothies bowls, topped with fresh chopped fruit, berries, toasted nuts, cocoa powder and so much more will fill you up without busting your diet. Each recipe is dairy-free, gluten-free, low in sugar, and packed with superfoods to keep you focused on your healthy eating goals, without sacrificing the need for something sweet and filling. Eating food that requires chewing triggers the release of cleansing digestive enzymes, according to author Daniella Chace, making smoothie bowls feel more satisfying than their siblings with straws. They are perfect for breakfast, lunch, a snack, or anytime you get a craving for a delicious treat.

Book Information

Paperback: 224 pages

Publisher: Running Press (December 27, 2016)

Language: English

ISBN-10: 0762461063

ISBN-13: 978-0762461066

Product Dimensions: 5.9 x 0.9 x 8.3 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Best Sellers Rank: #1,434,303 in Books (See Top 100 in Books) #182 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan #1031 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #2106 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

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

Superfood Smoothie Bowls: Delicious, Satisfying, Protein-Packed Blends that Boost Energy and

Burn Fat DIY Protein Bars: 25 Simple Protein Bar Recipes For Making Quick Healthy Snacks. Learn

How to Make Protein Bars in No Time (diy protein bars, protein bars, high protein snacks) Big

Collection Of Essential Oils: Amazing DIY Recipes Of Essential Oils Blends, Soap Making And

Repellents: (Diffuser Recipes and Blends,Skin So Soft Insect ... (Natural Remedies,Essential oils)

Vegan: Ice Cream Vegan Recipes: A Delicious Escape for Beginner Raw Vegans and Vegetarians

(Soul Satisfying Low Fat, Gluten Free, Dairy-Free, Smoothie ... Recipe Cookbook for Healthy

Weight Loss 1) 10 Day Green Smoothie Cleanse: Detox Your Body with 10 Day Green Smoothie

Cleanse and Lose Weight with Low Carb Cookbook (smoothies, green smoothie recipes, ...

cookbooks, smoothies , sugar detox) 10 Day Green Smoothie Cleanse: Lose 15lbs with 10 Day Green smoothie diet For Weight Loss. Weight loss green smoothie recipes,green smoothies: Sip Up, Slim Down ! Lose upto 15 Lbs in 10 Days! Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness Bringing Home the Seitan: 100 Protein-Packed, Plant-Based Recipes for Delicious "Wheat-Meat" Tacos, BBQ, Stir-Fry, Wings and More How to Burn Belly Fat: 37 Fitness Model Secrets to Burn Belly Fat (Abs, Ab Workouts, Healthy Living Tips) Red Smoothie Detox Factor: 35 Nourishing Red Smoothie Detox Recipes To Clean Your Gut, Help You Lose Weight And Feel Amazing In Under 30 Days! The Anxious Lawyer: An 8-Week Guide to a Joyful and Satisfying Law Practice Through Mindfulness and Meditation He Smokes Like a Fish and Other Malaphors (Unintentional Idiom and Word Blends) Red Smoothies: Over 80 Blender Recipes, weight loss naturally, green smoothies for weight loss, detox smoothie recipes, sugar detox, detox cleanse juice, detox ... - detox smoothie recipes Book 260) Red Smoothies: 2 Manuscripts - Red Smoothie Detox Factor (Vol.1) + Red Smoothie Detox Factor (Vol. 2 - Superfoods Red Smoothies) SMOOTHIES: Antioxidant Power Super Healthy Smoothie & Ice Kreme Recipes For Kids (Smoothie Recipes, Green Smoothies, Healthy Eating For Kids, Juicing, Vegan, Weight loss) DepuraciÃ³n Smoothie Verde 10 (10-Day Green Smoothie Cleanse Spanish Edition) (Atria Espanol) Coconut Oil Breakthrough: Boost Your Brain, Burn The Fat, Build Your Hair Intermittent Fasting and Feasting: Use Strategic Periods of Fasting and Feasting to Burn Fat Like a Beast, Build Muscle Like a Freak and Unleash Your Anabolic ... (Intermittent Fasting Bodybuilding Book 1) Favorite Fabric Bowls, Boxes & Vases: 15 Quick-to-Make Projects - 45 Inspiring Variations If It Fits Your Macros: The Ultimate Guide to IIFYM Flexible Diet: Burn Fat, Gain Energy and Build Muscle, While Eating the Foods You Love (Eat Your Way Lean & Healthy)

[Dmca](#)