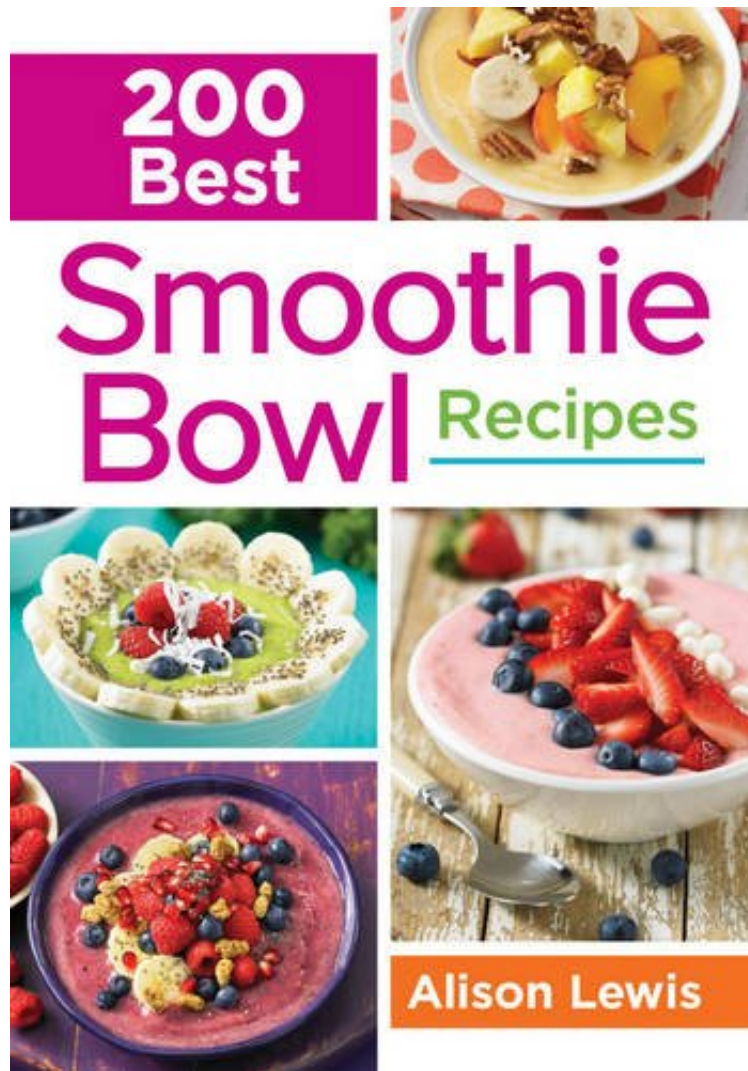


200 Best Smoothie Bowl Recipes

Alison Lewis

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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.

About the Author Alison Lewis is a recipe developer, food and travel journalist, and a photographer. She is the author of 150 Best Grilled Cheese Sandwiches and 400 Best Sandwich Recipes.