

A Rainbow of Smoothie Bowls: 75 Wholesome and Vibrant Blended Creations

Leigh Weingus

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100 Wholesome
and Vibrant Blended Creations

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#130093 in Books 2016-10-11Original language:EnglishPDF # 1 8.90 x .50 x 6.30l, .0 #File Name: 1612436056128 pages | File size: 63.Mb

Leigh Weingus : A Rainbow of Smoothie Bowls: 75 Wholesome and Vibrant Blended Creations before purchasing it in order to gage whether or not it would be worth my time, and all praised A Rainbow of Smoothie Bowls: 75 Wholesome and Vibrant Blended Creations:

0 of 0 people found the following review helpful. My New Favorite Food GroupBy ZaabaaThis book was my excellent introduction to smoothie bowls, and I'm loving every bowl I've made so far. Some things I look for when I cook are: ease of cooking, healthy food, and, of course, taste. These smoothie bowls deliver all that and more. The preparation is really easy - just throw some food into a blender! The recipes are all very healthy *(my fruit consumption has skyrocketed), but they don't feel healthy in that gross kale-like way. What's more they all taste great.

The many combinations of seasonal fruits have been a delightful addition to my taste buds, and I always get filled up by these meals. The book itself is easy to read and the pictures make the food look even better than it is - which is hard! Give it a try. You, or anyone you make a smoothie bowl for, won't regret it! 0 of 0 people found the following review helpful. A New and Delicious Option! By Wendy Valderman I'd never heard of smoothie bowls before, but I am so glad I came across this book. The book gives an amazing assortment of options and does a great job of making it simple to understand so anyone can totally make these dishes. Healthy meals that are delicious and sweet are hard to find but if you're looking for a different option for desert breakfast or really any meal, these smoothie bowls should definitely be on your list of things to try. I'm a big fan of fruit so these smoothie bowls are pretty much perfect for me, they're delicious and refreshing. If you're like me and have never heard of smoothie bowls before don't let that dissuade you, give em a try, you won't regret it! 0 of 0 people found the following review helpful. Too simple By jimmy brigance This is a very simple book. Every single recipe calls for 1 cup of almond milk which to me is just a filler. Was looking for more creative All fruit smoothie bowls.

DISCOVER THE COOLEST NEW TREND FOR HEALTHY EATING BASED ON THE DELICIOUS ACcedil;Aiacute; BOWL OF BRAZIL AND HAWAII Featuring over 100 amazing creations and more than 40 gorgeous full-color photos, A Rainbow of Smoothie Bowls serves up flavorful treats that are as nutritious as they are beautiful. Follow the recipes in this book to combine colorful fruits, vegetables, nuts and seeds into delicious bowls, including: **Strawberry Lemonade Bowl**; **Nutty Avocado Raspberry Bowl**; **Very Berry Mango Bowl**; **Peach Cobbler Bowl**; **Apple Pie Bowl**; **Mint Chocolate Chip Bowl**; **Matcha Vanilla Bowl**; **Blueberry Watermelon Kiwi Bowl**

About the Author Leigh Weingus is a writer and editor living in New York City. When she's not testing out new recipes and dissecting the latest health trends, she's checking out a new yoga studio, Instagramming fruit and vegetables, in a really long line at Trader Joe's, or holding plank for a torturous two minutes in the name of strengthening her core. Originally from Oakland, California, Leigh graduated from University of California, Davis in 2009 and has since worked as a writer and editor at The Huffington Post, Elite Daily, and J-14 Magazine.