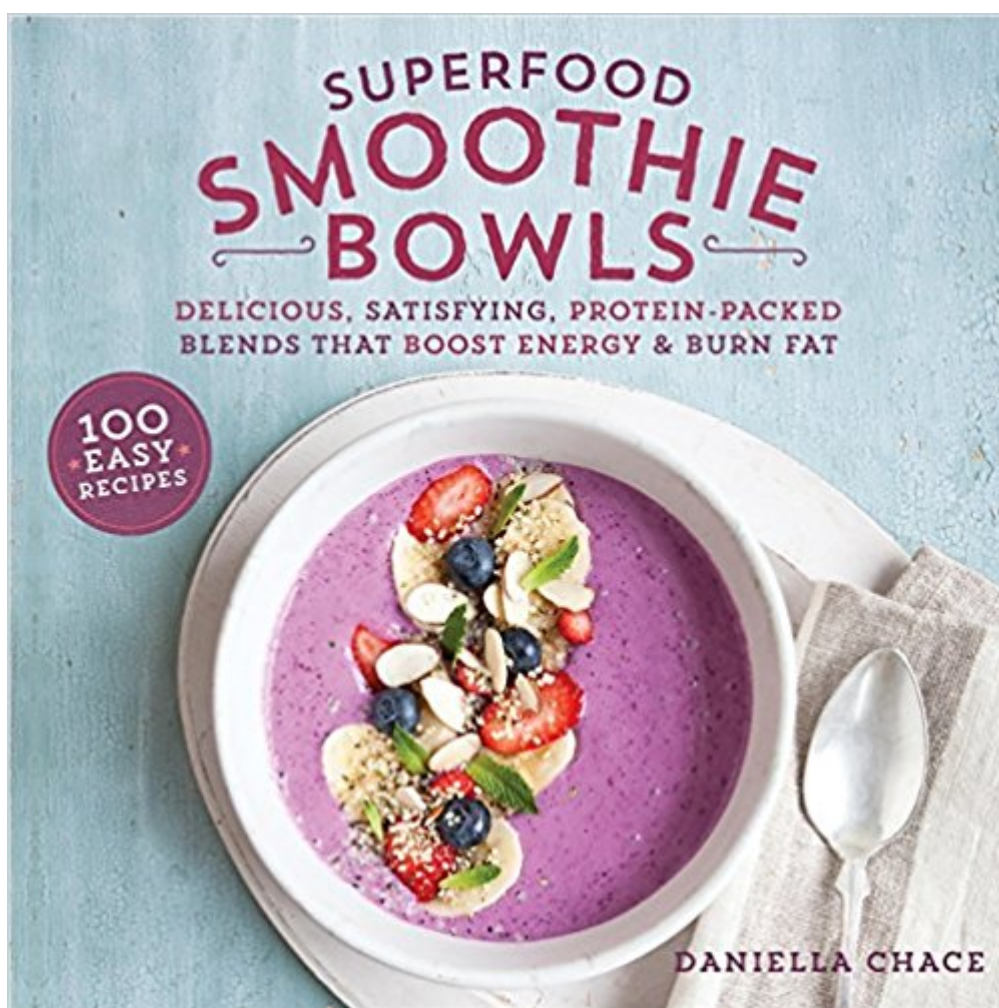


The book was found

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

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Customer Reviews

Daniella Chace, MS, CN, is a clinical nutritionist and educator. She is the author of 20 books, including Smoothies for Life!, 365 Skinny Smoothies, The New Detox Diet, and many others, with 660,000 copies sold to date. She hosts the satellite NPR program Nutrition Matters. She is a frequent contributor to health and wellness magazines like InspireHealth, Amazing Wellness, Better Nutrition, Cancer Today, and Heath magazine. She lives in Port Townsend, Washington.

I bought this book because author is a Clinical Nutritionist and many of the other books are by smoothie "enthusiasts". I was hoping it would have some recipes that used ingredients like

spirulina/bee pollen but it did not. However other than that there are plethora of ideas in this book! Just not if you are super adventurous like I am. I wish I can give this 4.5 stars. The recipes are Well-balanced, unique and use ingredients that are easily obtainable. I've been using the recipes throughout the book the past week and I feel more energetic and my gut has become regular in a good way. ;)

Beautiful cookbook with great recipes. Love it

I just found about smoothie bowls and they're amazing! I love the information and recipes that this book provides.

Great recipe ideals, with vivid images.

I am in love with this beautiful book! A paradise of smoothie recipes that nourish, boost health, and taste delicious. This work of art known as "Superfood Smoothie Bowls" by Daniella Chace, is an essential guide to smoothie making. The generous variety of bowl recipes includes berry, herb, citrus, stone fruit, tropical, coffee and many others. The nutritional information is easily educational, and the photos are just elegant. Enjoying a smoothie bowl is a great way to self-nourish after a long day of work. Thank you, Daniella for the creativity, heart, and flavor you pour into your books.

Didn't have as many recipes that I, personally would enjoy flavor wise, as I was hoping for... and lack of photos. Not terrible though

I wrestle gators, for a living and you have to bring 110% every day or one of those sad eyed Dinosaurs will be walking off with your arm. It happens, happened to my buddy Karl. Also, I party. Especially hard on the weekend but I still have to work cause that's when people wanna see you wrestle gators. There is no better feeling than throat punching one of those hell beasts into oblivion when you have the energy and nutrients provided by a delicious smoothie bowl. Eating smoothies out of bowls is the future. 5 out of 5 stars.

This book is fun! Great photos, too. I appreciate how the author designed the recipe presentation, with the base recipe on the left and toppings list on the right. She adds an interesting piece of nutritional education at the bottom of each recipe. At the end of the book is a chapter of ingredients

listed by health concern that's really useful. For example, diabetes, anxiety, cancer. Who knew that banana peels were great for so many conditions! I'm adding the peel now to my bowls. It's a big boon if you need help giving up on added sugar. I needed the inspiration from this book - had lost my enthusiasm for drinking smoothies. Well done!

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