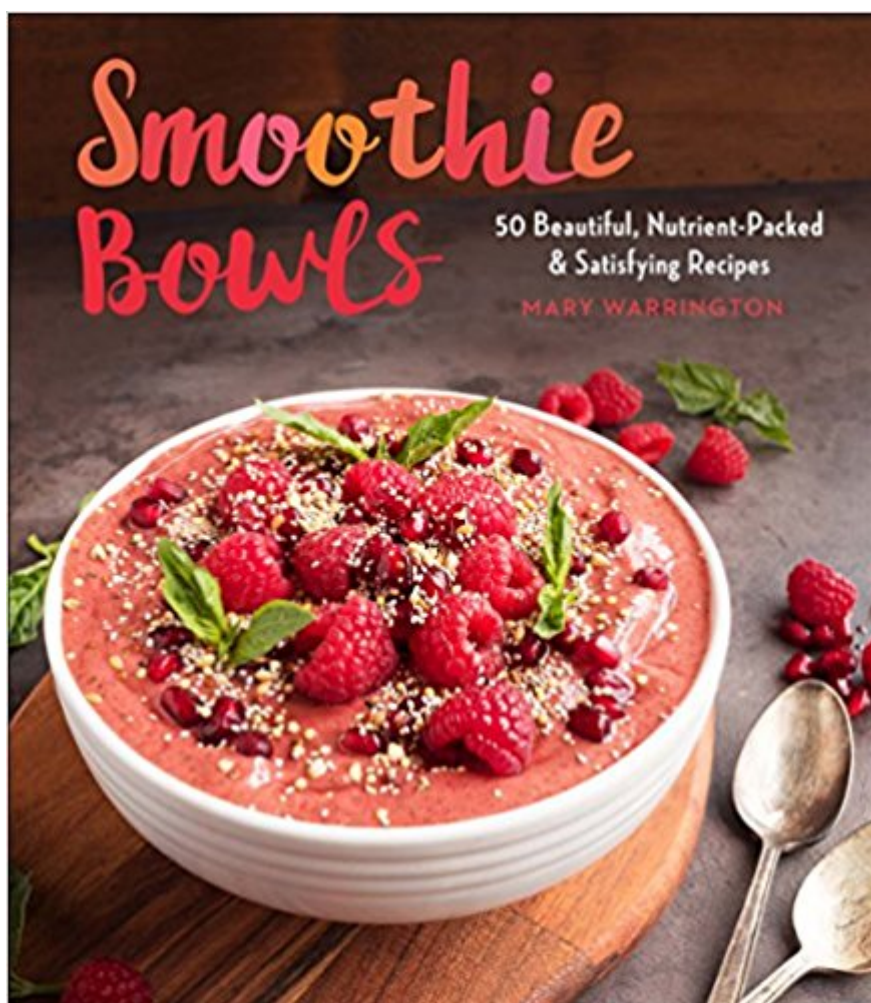


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# Smoothie Bowls: 50 Beautiful, Nutrient-Packed & Satisfying Recipes



## Synopsis

A colorful introduction to the hip, healthy treat that's fun to make, scrumptious to eat, and so stunning you'll create an Instagram account just to show it off: the SMOOTHIE BOWL! Why have a smoothie when you can create something gorgeous, nutritious, filled with even more texture and taste, and as easy to make? That's a smoothie bowl, and it's become so trendy that it's popping up in restaurant and cafés everywhere. But why pay through the nose to get one when it's so simple to arrange some colorful ingredients and prepare a nutrient-packed work of art yourself? Popular blogger Mary Warrington has whipped up 50 yummy, beautiful bowls that range from Chocolate Peanut Butter and Citrus Berry to Strawberries and Cream, Passion Fruit Kiwi Coconut, and Winter Chai with spices, banana, almond milk, dates, and more. Each dish is lovingly photographed and features line-drawn infographics that show how to layer and arrange the ingredients for fantastic results. Â Â

## Book Information

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## Customer Reviews

Mary Warrington runs the popular blog [thekitchenpaper.com](http://thekitchenpaper.com). She also does web design, and teaches yoga in her spare time. She lives in Portland, OR.

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Smoothie Diet) Smoothie Bowls: 50 Beautiful, Nutrient-Packed & Satisfying Recipes Great Bowls of Food: Grain Bowls, Buddha Bowls, Broth Bowls, and More Superfood Smoothie Bowls: Delicious, Satisfying, Protein-Packed Blends that Boost Energy and Burn Fat Smoothies: Everyday Smoothies For Beginners (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight ... Diet)) (healthy food for everyday Book 5) Nutri Ninja Recipe Book: Smoothie Recipes - 50 Delicious, Easy, and Healthy Smoothie Recipes â “ Look Good â “ Feel Better â “ Live Strong (Smoothie Bible) Beautiful Smoothie Bowls: 80 Delicious and Colorful Superfood Recipes to Nourish and Satisfy Nutribullet Recipes: 365 Days of Smoothie Recipes for Rapid Weight Loss, Detox & Burning Fat: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So ... Loss Drinks, Anti-Aging, Juicing Recipes) The Everything Healthy Meal Prep Cookbook: Includes: Shrimp Taco Meal Prep Bowls \* Zucchini Noodles with Shrimp \* One Pan Honey-Lime Chicken \* No-Bake ... \* Jerk Chicken Bowls ... and hundreds more! Vegetarian Food for Healthy Kids: Over 100 Quick and Easy Nutrient Packed Recipes Ketogenic Pressure Cooker: 100 Quick and Easy Recipes for Delicious Nutrient-Packed Low-Carb Meals Diabetic Smoothie Recipes: Top 365 Diabetic Friendly Easy to make/blend Delicious Smoothie Recipes (1) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) Badass Blender Body: Stop Chewing Start Losing: (Weight Loss Smoothie Recipes) (Coconut Oil, Detox, Green Smoothie Recipes) My Oster Pro Blender Smoothie Book: 101 Superfood Smoothie Recipes for Your 1200, MyBlend, 6811, or Simple Blend Blender! (Oster Blender Recipes) (Volume 1) Oster Pro Blender Smoothie Book: 101 Superfood Smoothie Recipes for Your 1200, MyBlend, 6811, or Simple Blend Blender! (Oster Blender Recipes) Green Smoothie Recipe Book: 500 Delicious Green Smoothie Recipes for Weight Loss, Better Health, Energy & Cleansing (Green Smoothies, Nutribullet Recipe ... Juicing Recipes, Fat Loss, Cleanse, Detox) The Ultimate Vegan Recipe and Green Smoothie Cookbook - 50 Delicious Vegan Recipes and 25 Amazing Green Smoothie Recipes Diabetic Smoothie Recipes: Top 365 Chocolate Smoothie Recipes for Diabetic Nutrient Requirements of Dogs and Cats (Nutrient Requirements of Domestic Animals)

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