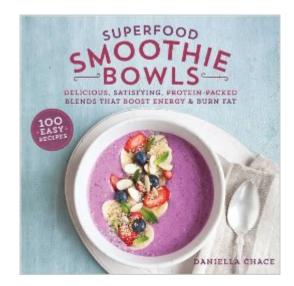
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Superfood Smoothie Bowls: Delicious, Satisfying, Protein-Packed Blends That Boost Energy And Burn Fat





Synopsis

What if you could eat a vegan, protein-packed meal every day that tasted more like an ice cream sundae than health food? Itâ [™]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

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