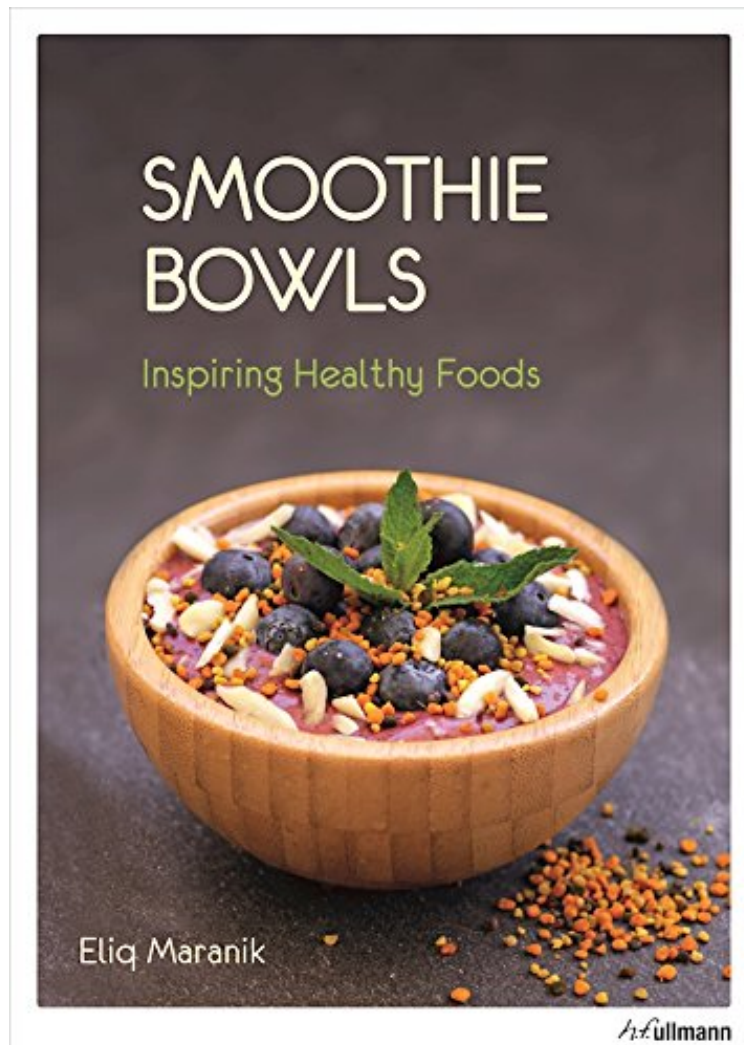


Smoothie Bowls: Inspiring Healthy Foods

Eliq Maranik

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Eliq Maranik : Smoothie Bowls: Inspiring Healthy Foods before purchasing it in order to gage whether or not it would be worth my time, and all praised Smoothie Bowls: Inspiring Healthy Foods:

Have you heard the new trend about smoothies? It is to put them in bowls and mix them with ingredients such as corn-flakes, seeds, fresh or dry fruits, vegetables, chocolate, and toppings. This transforms smoothies into even more complete and savory meals! Smoothie bowls offer enhanced health benefits as they combine the freshness of smoothies with nutrients to chew, thus activating your taste buds and eventually providing a feeling of satiety. The

vibrant variety of color, texture, and flavor make smoothie bowls a pleasure for the eye—they are small artistic compositions that you can create following your taste and nutritional needs. Smoothie expert Eliq Maranik presents 80 ideas of smoothie bowls that you can enjoy at any time of day.