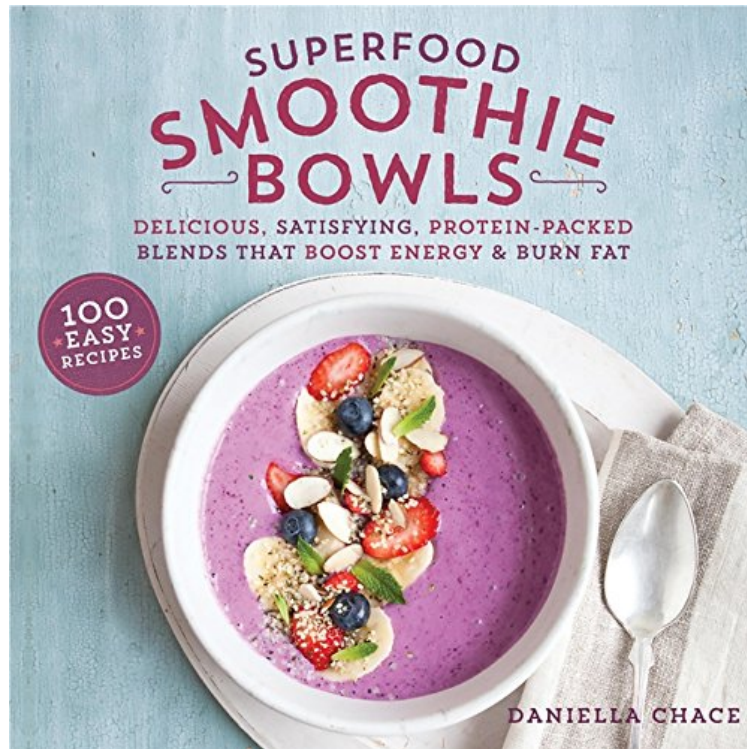


[FREE] Superfood Smoothie Bowls: Delicious, Satisfying, Protein-Packed Blends that Boost Energy and Burn Fat

Superfood Smoothie Bowls: Delicious, Satisfying, Protein-Packed Blends that Boost Energy and Burn Fat

Daniella Chace

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#254675 in Books Chace Daniella 2016-12-27 2016-12-27Original language:EnglishPDF # 1 7.13 x .88 x 7.13l, .0 #File Name: 0762461063224 pagesSuperfood Smoothie Bowls Delicious Satisfying Protein Packed Blends That Boost Energy and Burn Fat | File size: 55.Mb

Daniella Chace : Superfood Smoothie Bowls: Delicious, Satisfying, Protein-Packed Blends that Boost Energy and Burn Fat before purchasing it in order to gage whether or not it would be worth my time, and all praised Superfood Smoothie Bowls: Delicious, Satisfying, Protein-Packed Blends that Boost Energy and Burn Fat:

2 of 2 people found the following review helpful. easy recipes for everybody but...By MikaI 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. ;)1 of 1 people found the following review helpful. Five StarsBy J.Smith, Beverly HillsBeautiful cookbook with great recipes. Love it2 of 2 people found the following review helpful. I love it!By CustomerI just found about smoothie bowls and they're amazing! I love the information and recipes that this book provides.

A satisfyingly simple guide to making a delicious treat with a nutritional punch!Why shouldn't good-for-you food taste

good, too? Superfood Smoothie Bowls is the perfect solution for anyone who wants protein-packed meals that taste more like ice cream sundaes than health food! With 100 easy recipes to try, there's a smoothie bowl for every craving and occasion. Each recipe is dairy-free, gluten-free, low in sugar, and packed with cancer-fighting superfoods, so you can meet your healthy eating goals without sacrificing the desire for something sweet and filling. Try delicious recipes like:

About the Author 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.