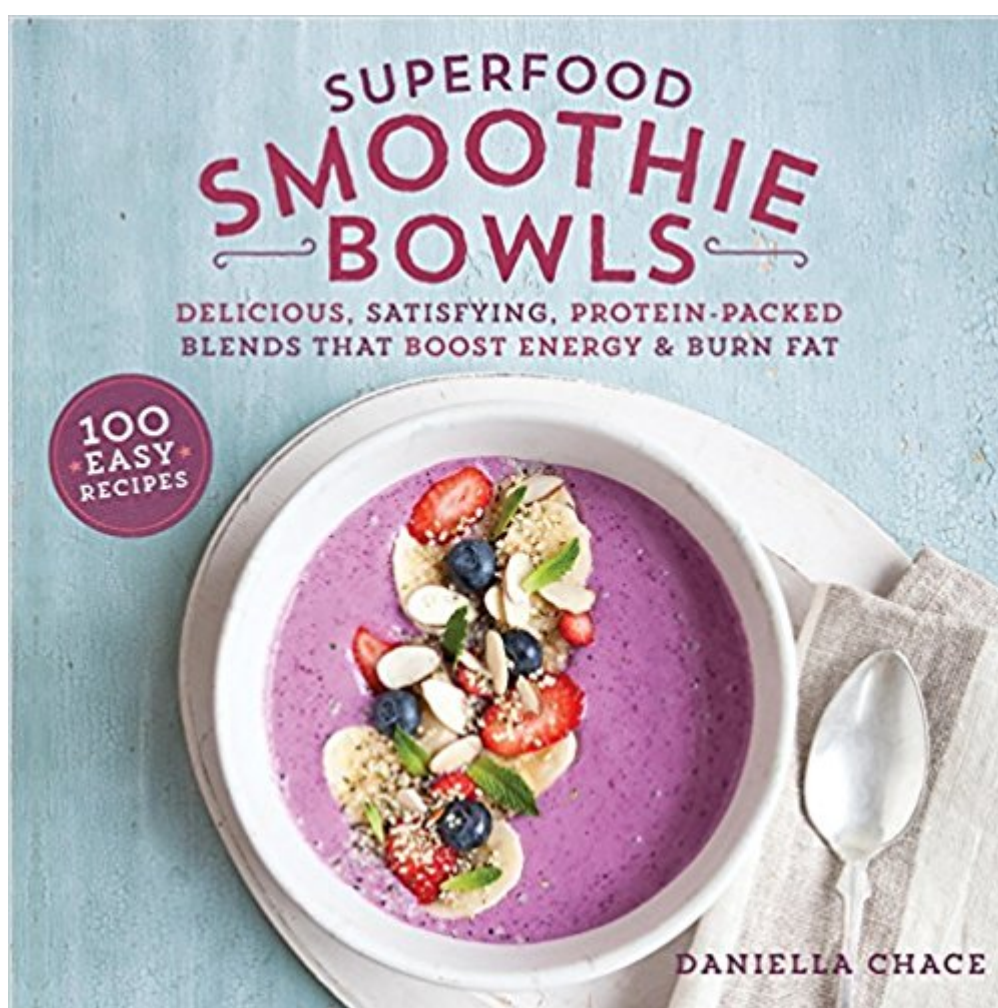


The book was found

# 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

Paperback: 224 pages

Publisher: Running Press (December 27, 2016)

Language: English

ISBN-10: 0762461063

ISBN-13: 978-0762461066

Product Dimensions: 7.1 x 0.9 x 7.1 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 17 customer reviews

Best Sellers Rank: #86,043 in Books (See Top 100 in Books) #13 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan](#) #64 in [Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies](#) #64 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Gluten Free](#)

## 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!

[Download to continue reading...](#)

Superfood Smoothie Bowls: Delicious, Satisfying, Protein-Packed Blends that Boost Energy and Burn Fat Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness (Ideal Protein Diet, High Protein Diet, Perfect Protein Diet, Lose Weight, Protein Diet Plan) Great Bowls of Food: Grain Bowls, Buddha Bowls, Broth Bowls, and More DIY Protein Bars: 30 Delicious and Healthy DIY Protein Bars (diy protein bars, protein bars, high protein snacks) Smoothie Bowls: 50 Beautiful, Nutrient-Packed & Satisfying Recipes Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) 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) Superfood Cookbook: Delicious Vegetarian Superfood Salads for Easy Weight Loss and Detox: Healthy Clean Eating Recipes on a Budget (Superfood Kitchen) Superfood Cookbook: Delicious Vegetarian Superfood Salads for Easy Weight Loss and Detox: Healthy Clean Eating Recipes on a Budget (Superfood Kitchen Book 1) Beautiful Smoothie Bowls: 80 Delicious and Colorful Superfood Recipes to Nourish and Satisfy South Beach Diet Smoothie Cleanse: Weight-Loss, Detox, Anti-Aging , Quick and Delicious South Beach Diet Smoothie Recipes to Lose Weight, Boost Brain Power and Increase Energy Weight Loss Smoothies: 33 Healthy and Delicious Smoothie Recipes to Boost Your Metabolism, Burn Fat and Lose Weight Fast High Protein Low Carb Cookbook: Delicious High Protein Low Carb Recipes For Helping You Burn Fat Nutri Ninja Master Prep Blender Smoothie Book: 101 Superfood Smoothie Recipes For Better Health, Energy and Weight Loss! (Ninja Master Prep, Nutri Ninja Pro, and Ninja Kitchen System Cookbooks) Nutri Ninja Master Prep Blender Smoothie Book: 101 Superfood Smoothie Recipes For Better Health, Energy and Weight Loss! (Ninja Master Prep, Nutri ... Ninja Kitchen System Cookbooks) (Volume 1) 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) Intermittent Fasting Hacks: How To Eat Whatever The F\*ck You Want To Burn Fat, Get Lean and

Look Phenomenal! (Burn Fat, Intermittent Fasting, Fat Loss, ... Fasting, Clean Eating, Bodybuilding)  
Nutri Ninja Recipe Book: Smoothie Recipes - 50 Delicious, Easy, and Healthy Smoothie Recipes  
~ Look Good ~ Feel Better ~ Live Strong (Smoothie Bible) BELLY FAT:  
40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For  
Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY  
Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)