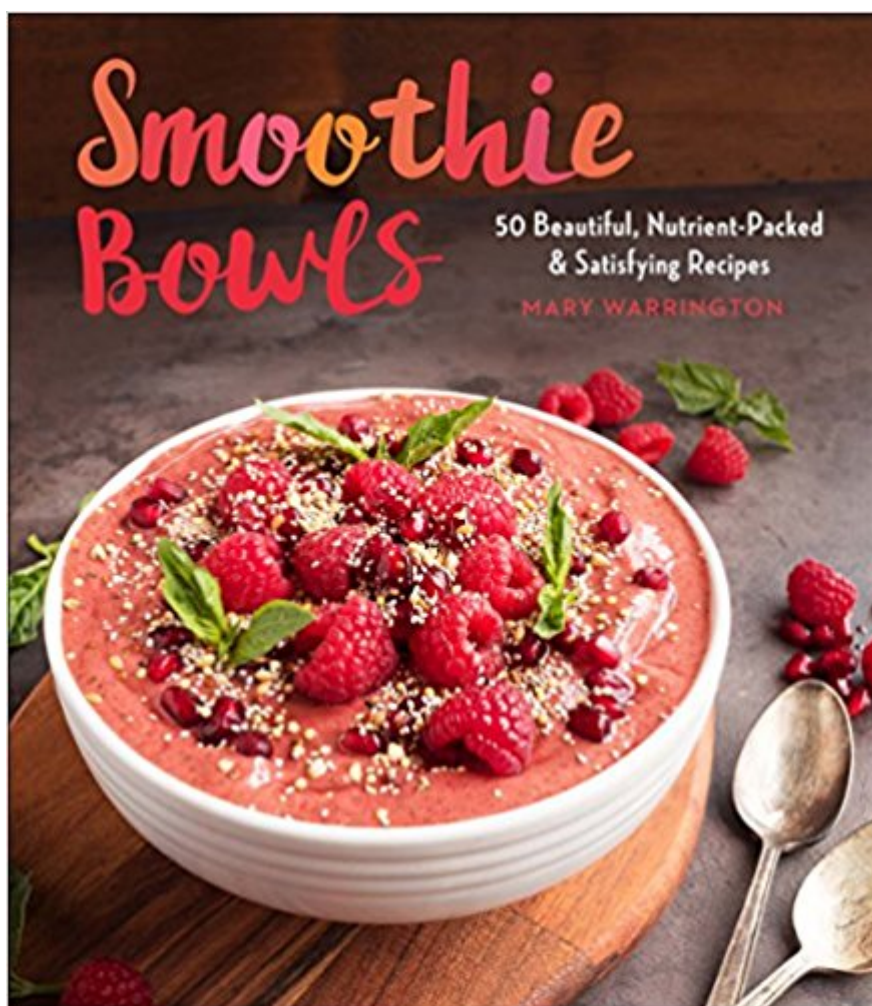


The book was found

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.

Book Information

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Customer Reviews

Mary Warrington runs the popular blog thekitchenpaper.com. She also does web design, and teaches yoga in her spare time. She lives in Portland, OR.

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