

# SUPERFOOD SMOOTHIE BOWLS

DELICIOUS, SATISFYING, PROTEIN-PACKED  
BLENDS THAT BOOST ENERGY & BURN FAT

100  
EASY  
RECIPES



DANIELLA CHACE

Daniella Chace

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



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A satisfyingly simple instruction to building a delicious deal with with a nutritional punch! Superfood Smoothie Bowls may be the perfect solution for anybody who would like protein-packed meals that flavor similar to ice cream sundaes than wellness meals! Why shouldn't good-for-you food taste great, too? With 100 easy recipes to try, there's a smoothie bowl for each and every craving and event. Each recipe is dairy-free, gluten-free, lower in sugar, and filled with cancer-fighting superfoods, so that you can satisfy your healthy eating goals without sacrificing the desire for something lovely and filling. Writer Daniella Chace asserts eating food that requires chewing triggers the launch of cleansing digestive enzymes, producing for a far more fulfilling meal. Try delicious quality recipes like: Blueberry Cherry Whip Vanilla Pumpkin Cream Almond Banana Crunch Tangerine Pomegranate Sorbet Golden Granola Powerhouse Why a bowl? So trade in your straw for a spoon and revel in a tasty treat perfect for breakfast, lunch time, or anytime you get a craving for something lovely, satisfying, and healthy!



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easy recipes for everyone but...) Delicious, healthy breakfasts. I just found approximately smoothie bowls and they're amazing!. She loved it and I loved that it has soooo many . I wish I could give this 4. Five Stars Beautiful cookbook with great recipes. She treasured it and I liked that it has soooo many recipes. and lack of photos. ; I purchased this book because author is a Clinical Nutritionist and several of the various other books are by smoothie "enthusiasts". I help to make these smoothie bowls and freeze them. Take the out each morning and they're prepared to eat at work in about 2.5 hours. Delicious and healthy.5 stars. I love it! A Paradise of Delicious Smoothie Recipes I am deeply in love with this beautiful book! Love it Five Stars new so good Great recipe ideals, with vivid images. I was wishing it would have some recipes which used elements like spirulina/bee pollen but it didn't. A paradise of smoothie recipes that nourish, boost wellness, and taste delicious. Great recipe ideals, with vivid images. I really like the information and recipes that this book provides. This work of art referred to as "Superfood Smoothie Bowls" by Daniella Chace, can be an essential guideline to smoothie producing. The generous selection of bowl quality recipes contains berry, herb, citrus, stone fruit, tropical, coffee and many others. The nutritional details is quickly educational, and the photos are just elegant. Enjoying a smoothie bowl is a superb way to self-nourish after a long day of work.. Loving these smoothie bowls I wrestle gators, for a living and you have to bring 110% each day or among those unfortunate eyed Dinosaurs will be going for walks off together with your arm. It happens, occurred to my buddy Karl. Also, I party. Especially hard on the weekend but I still have to work cause that's when people wanna observe you wrestle gators.. Eating smoothies out of bowls may be the potential. 5 out of 5 stars. Not if you are super adventurous like I am. There is no better feeling than throat punching among those hell beasts into oblivion if you have the energy and nutrition provided by a delicious smoothie bowl.. I bought this for a friend looking for a cancer-friendly diet plan. The dishes are Well-balanced, exclusive and use things that are easily obtainable. Decent, however, not as expected Didn't have as many recipes that We, personally would enjoy flavor sensible, as I was hoping for. However other than that there are plethora of ideas in this book! Thank you, Daniella for the creativity, heart, and flavor you pour into your books. I am using the recipes throughout the book the past week and I feel more vigorous and my gut is becoming regular in a good way. Not terrible though



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