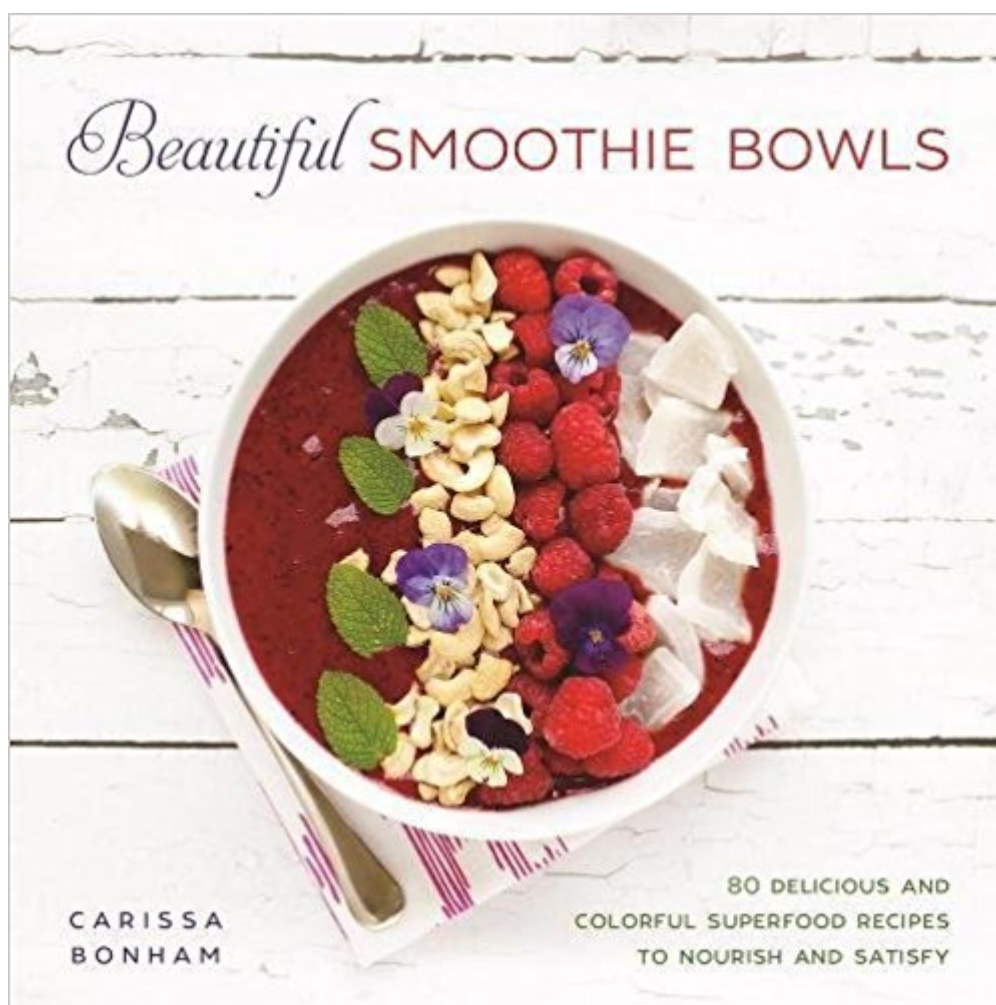


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# Beautiful Smoothie Bowls: 80 Delicious And Colorful Superfood Recipes To Nourish And Satisfy



## Synopsis

Imagine curling up on the couch with your favorite bowl piled high with a delicious frozen treat topped with fresh fruit and nuts--and what's in that bowl is actually good for you! Smoothie bowls make this dream a reality. Carissa Bonham, the writer behind the popular blog, Creative Green Living, pulls together eighty delectable recipes for smoothies so good that your kids, friends, and veggie-hating spouse will be begging for more. Carissa says if you can operate a blender, then you can make a smoothie bowl! She walks you through everything you need to know to produce Instagram-worthy creations in your own kitchen - with 80 recipes to get you started. Every recipe tastes as good as it looks and fills you up, making smoothie bowls the perfect choice for any meal or midday snack. Focusing on a variety of colorful superfoods, Carissa also discusses the nutritional benefits of these beautiful ingredients. Organized using the colors of the rainbow, flipping through these pages will leave you feel inspired and motivated to create these beautiful, healthy bowls.

## Book Information

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## Customer Reviews

What a refreshing look at smoothies! Healthy smoothies are essentially nutrient-dense foods through a straw, and yet one of the joys of eating is seeing the ingredients of our food and chewing them. Bravo to Carissa Bonham for giving us both in her rainbow-colored goodness-packed recipes. These beautiful bowls are part-smoothie goodness, part sprinkles of fruit, nuts, seeds, and other wholesome delights. You cannot help but fall in love with them. A beautifully done book which leaves you feeling satiated and guilt-free! • Farnoosh Brock, author of The Healthy

Smoothie Bible and The Healthy Juicerâ€™s Bible; Carissa is Queen of Smoothie bowls. I love her recipes and recommend this book for anyone who wants to start or maintain a healthy lifestyle. • Leah Segedie, founder of Mamavation and ShiftCon; One of the issues I have with eating healthy is that I get bored. Bored with the same old, same old all the time. After going through the smoothie bowl recipes in this book, I am inspired! I am excited to try SO MANY of these gorgeous recipes and thanks to this book I don't think I'll ever be bored with 'healthy sweets' again!" • Amanda Formaro of Amanda's Creative Life, INC; I've always been a fan of smoothies, but I have to say that they never really filled me up and left me satisfied. That is, until smoothie bowls came on the scene! Carissa and her team have put together a beautiful book featuring beautiful food. Not only do you have eighty recipes to choose from, but you also get a full education about why smoothie bowls are superior, what ingredients to use, and how to maximize your bowl's nutrition. Even those on special diets will be able to enjoy the flavorful creations Carissa presents in this stunning book! • Jessica Espinoza, wellness coach and founder of DeliciousObsessions.com and JessicaEspinoza.com

Carissa Bonham, once dubbed "The Green Martha Stewart," believes that healthy food should be both beautiful and delicious. She launched her popular website, Creative Green Living, in 2013 to help parents make healthy choices that actually work for real-life families. A Northwest girl at heart, Carissa lives in Oregon with a house full of boys and a yard full of chickens. When she isn't chasing children, chickens or dogs, you might find her tending her garden, creating a new craft tutorial, or taking pictures of her latest smoothie bowl for Instagram.

What a great idea! Smoothies are a huge food trend, especially for those trying to eat healthy, but for those who don't always like to drink their breakfast or snack, there is a way to eat it with a spoon. Beautiful Smoothie Bowls: 80 Delicious and Colorful Superfood Recipes to Nourish and Satisfy will give everyone great ideas for elevating their smoothies to a higher realm.

Bonham's smoothie bowls are absolutely beautiful, and are perfect to serve to company as a summer dessert, or for a fruit and/or vegetable filled breakfast or snack. The smoothie bowls use healthy, flavorful ingredients, to help give everyone a nutritional boost without having to suffer so-called "eat-it-anyway-it's-good-for-you" abuse. Some of us think that smoothies are mostly for tree-huggers, and Bonham's website, Creative Green Living, certainly has leanings toward that trend, but these smoothie bowls are perfect for mainstream people who love good things. Some of her bowls hide healthy vegetables for those who

don't think they like them, and others showcase seasonal fruits and bring out their fresh, wonderful flavors. Once you make a few of the smoothies, your mind will be opened to dozens of ideas depending what you happen to have in the fridge or the garden. Your imagination is the limit, and anyone who has healthy leanings will enjoy this book and the great ideas. The recipes are also kid-friendly, and the fact that the finished smoothie bowls are very beautiful and appealing will get everyone on the bandwagon. Special thanks to NetGalley for supplying a review copy of this book.

Carissa Bonham gives one a new look at living green and natural with smoothies. She teaches you what tools you will need before hand then gives you the blueprint for successful smoothie bowls. One may have a smoothie bowl for breakfast, snack, and before or after exercise. It seems her ideas are endless. Add a topping, use your imagination, and go wild with those toppings then you have a winning combination. Get this book and make your picture worthy smoothie bowl then enjoy the simple pleasures of eating something you created. Where did the idea for smoothie bowl come from? I have read that this trend started last year. I missed it but you can still get a ton of fresh new ideas for smoothies and who doesn't need a new idea for their next smoothie, in a bowl or a glass! I, was given this book, by Netgalley.com for review purposes.

I just received this book for review and I'm so impressed! I didn't know much about smoothie bowls, but Carissa clearly explains the benefits and what you'll need. She goes through all the produce in these recipes first, explaining the benefits of each. The recipes are then in color order...how cool! Each has a luscious photo and some have tips too. I cannot wait to make these recipes a part of my family's daily menu.

This book brings you a lot of interesting, healthy and gluten-free recipes using a variety of natural ingredients. It also gives directions about what tools to use and the usual ingredients for creating healthy smoothie bowls. The 80 recipes are easy to make and illustrated with beautiful, mouth-watering pictures. There is a long list of recipes to fall in love with, but my favorites so far are those combining kombucha and watermelon and tropical dragon nice cream - using one of my favorite fruits, dragon fruit or pitaya. Recommended to anyone interested in living a healthy life! Disclaimer: Book offered by the publisher in exchange for an honest review

The book contains very helpful advice and explanations about the tools required, nutritional profile of superfoods used in the recipes, labels for vegan, paleo, gluten-free and dairy-free diets, tips and

even a troubleshooting table!. This last one is extremely helpful for all of us who find it hard to stick to the original recipe and start experimenting like a mad scientist. The moment I realized the recipes were dead-easy to make and faster than deciding on a movie it gained my seal of approval, as expected. Just remember to have a good blender, otherwise it gets tricky to turn the frozen berries into a nice cream (looks like ice cream, made with coconut milk). The picture I added is the recipe called "Tropical twist nice cream" and it needs only 3 ingredients, the pine tips were my "special touch" full of vitamin C. - I got my e-ARC from NetGalley -

This book is a work of art! I love the square shape of the book and the hard cover. The recipes are complete with gorgeous full color pictures. Each recipe is made with the best ingredients and these are perfect for making or prepping ahead of time and keeping in the freezer. I love when eating healthy is still delicious and beautiful! Great gift idea!

Such a fun book for smoothie lovers! I'm a huge fan of smoothie bowls, there's just something so special about adding lots of different flavors and textures to the top of a yummy smoothie. Carissa's book is packed with so many delicious smoothie bowls - so great for when you need some new smoothie inspiration. I also love that she had some real food bloggers contribute to the recipes in the book, such a great way to see a lot of variety and different spins on flavors and toppings. Awesome book!

When I first saw this book, I gasped audibly. A beautiful, hard cover book with page after page of gorgeous, inspiring photos of smoothie bowls that will make your mouth water.

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