

Breakfast Smoothie Bowls

Green Creations

Kid-Friendly Smoothie Bowls

Anytime Smoothie Bowls

Coffee and Tea Smoothie Bowls

Dessert Bowls

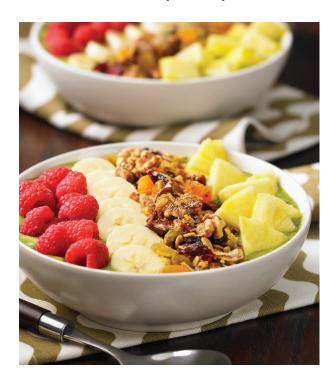
ALISON LEWIS is a renowned recipe developer, food and travel journalist and photographer. She is also the author of 150 Best Grilled Cheese Sandwiches and 400 Best Sandwich Recipes.





200 Best Smoothie Bowl Recipes

Smoothie bowls give you the convenience, flavor and texture of a smoothie but loads of more nutrition thanks to delicious toppings such as fresh and dried fruits, seeds and nuts. They make not only a fantastic and complete breakfast, but also an excellent lunch, snack or dessert. Alison's collection of refreshing and creative recipes for satisfying and creamy smoothie bowls will quickly become a welcome addition to your daily routine.



\$24.95 USA \$27.95 CAN





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Smoothie Bowles







Alison Lewis