



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.

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*.



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