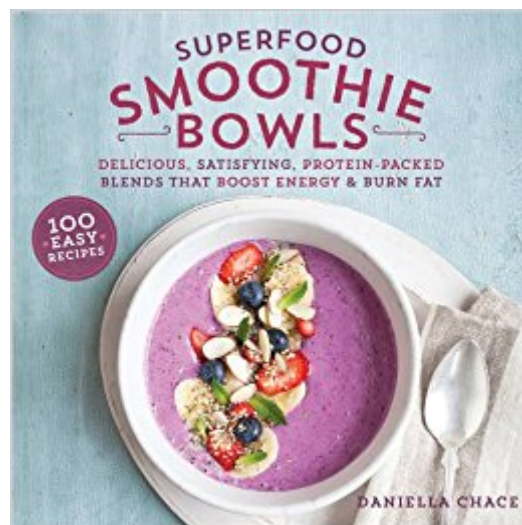


The book was found

Superfood Smoothie Bowls: Delicious, Satisfying, Protein-Packed Blends That Boost Energy And Burn Fat



Synopsis

What if you could eat a vegan, protein-packed meal every day that tasted more like an ice cream sundae than health food? It's possible: these 100 simple recipes for smoothies bowls, topped with fresh chopped fruit, berries, toasted nuts, cocoa powder and so much more will fill you up without busting your diet. Each recipe is dairy-free, gluten-free, low in sugar, and packed with superfoods to keep you focused on your healthy eating goals, without sacrificing the need for something sweet and filling. Eating food that requires chewing triggers the release of cleansing digestive enzymes, according to author Daniella Chace, making smoothie bowls feel more satisfying than their siblings with straws. They are perfect for breakfast, lunch, a snack, or anytime you get a craving for a delicious treat.

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