



Beautiful Smoothie Bowls: 80 Delicious and Colorful Superfood Recipes to Nourish and Satisfy

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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.

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