

Die Besten Smoothie Bowls Gesunde Energiemahlzeit

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The Art of the Smoothie Bowl Nicole Gaffney 2019-04-09 The Ultimate Blend of Delicious and Nutritious in One Bowl Ditch the boring green smoothie routine and discover quick, easy bowls loaded with vitamins, superfoods and irresistible toppings. Nicole Gaffney, Food Network Star finalist and co-owner of Soulberri Smoothies and Bowls, has created energizing flavor combinations for any time of day: • Classic Acai • Cinnamon Pumpkin Pie • Watermelon Creamsicle • Chocolate Hazelnut • Jalepeño Honeydew Mint • Pom-Berry Yogurt • Southern Peach & Pecan • Coconut Toasted Caramel With vegan and gluten-free options, plus homemade toppings to finish off your bowl, you'll be hooked on these healthy, hydrating treats