



200 Best Smoothie Bowl Recipes

Alison Lewis

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Smoothie bowls are the perfect way to add fresh fruits, superfoods and proteins to everyday fare. Adding a smoothie bowl to morning routines guarantees a great start to the day and for lunch too. Smoothie bowls are thicker than regular smoothies - thick enough to eat with a spoon. These 200 recipes can be enjoyed anytime for a refreshing, filling and healthy meal or even a delicious dessert.

Whether a smoothie bowl is packed with fruit, leafy greens, nuts or a base of coffee or tea, there is a recipe here perfectly suited for any occasion. The colors, textures and crunch are incredible and all sorts of delicious toppings can be added that will take a meal to a whole new level.

Here's just a small sampling of the sumptuous smoothie bowl recipes:

- Breakfast Harvest Bowl, Frosty French Toast, Breakfast Starter, Pear Pleaser, Sunrise Smoothie Bowl, Energy Buster, Peanut Butter Oat Bowl
- Clean Green Bowl, Blueberry Flaxseed Bowl, Strawberry Avocado Bowl, Green Zinger, Citrus Kale Bowl, Parsley Pear Bowl, Spinach Almond Bowl
- Almond Butter and Jelly Bowl, Berry Crunch, Nutella Banana Bowl, Peach Paradise, Mocha Smoothie Bowl, Grape Ape, Peanut Butter Cup
- Pistachio Vanilla Bowl, Pick-Me-Up Bowl, Watermelon Strawberry Bowl, Dreamsicle, Chocolate Cherry Bowl, Pumpkin Pie Bowl, Afternoon Delight

These thick, creamy and delicious smoothie bowls will undoubtedly become a welcome addition for any family.

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