



Power Bowls: All You Need in One Healthy Bowl (Hardback)

By Kate Turner

Dorling Kindersley Ltd, United Kingdom, 2016. Hardback. Condition: New. Language: English . Brand New Book. Power Bowls is your bite-sized guide to the tastiest new health food trend. Healthy bowls are delicious, nutritious bowls packed with superfood ingredients to keep you energised all day. Pack your five-a-day into a bowl with 25 healthy bowl recipes that taste great and keep you feeling good. Power Bowls fits in perfectly with your busy lifestyle with clear instructions and beautiful photography. Whether you re looking for quick eats or healthy dinners, Power Bowls is packed with superfood solutions for every meal, with recipes for breakfast, dinner, and even on-the-go. Get your daily fix of fruit, vegetables, and grains with quick and easy recipes to boost your energy the natural way. Easy-to-make, versatile, and full of goodness, make Power Bowls your next superfood eat.



[READ ONLINE](#)
[4.06 MB]

Reviews

This publication is wonderful. I could comprehend every thing out of this published e publication. You can expect to like the way the blogger write this publication.

-- **Eliseo Rippin**

Most of these book is the perfect pdf readily available. It normally will not expense a lot of. I found out this pdf from my dad and i recommended this publication to find out.

-- **Dejuan Yost**