



A Rainbow of Smoothie Bowls: 100 Wholesome and Vibrant Blended Creations

Leigh Weingus

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**A Rainbow of Smoothie Bowls: 100 Wholesome and Vibrant Blended Creations Leigh Weingus
DISCOVER THE COOLEST NEW TREND FOR HEALTHY EATING BASED ON THE
DELICIOUS AÇAÍ BOWL OF BRAZIL AND HAWAII**

Featuring over 100 amazing creations and more than 40 gorgeous full-color photos, *A Rainbow of Smoothie Bowls* serves up flavorful treats that are as nutritious as they are beautiful. Follow the recipes in this book to combine colorful fruits, vegetables, nuts and seeds into delicious bowls, including:

- **Strawberry Lemonade Bowl**
- **Nutty Avocado Raspberry Bowl**
- **Very Berry Mango Bowl**
- **Peach Cobbler Bowl**
- **Apple Pie Bowl**
- **Mint Chocolate Chip Bowl**
- **Matcha Vanilla Bowl**
- **Blueberry Watermelon Kiwi Bowl**

A Rainbow of Smoothie Bowls: 100 Wholesome and Vibrant Blended Creations Details

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Donna says

A great win! Not really a cookbook because there is no cooking involved! Gorgeous, make me hungry photographs. I feel good just looking at them. The recipes are pretty easy and most ingredients will probably be in your kitchen if you're a healthy eater. I may have one tomorrow! I feel like this is a book I will keep on my counter and will get used. Thanks Goodreads you delivered a perfect book for me.

Erin says

This is a beautiful recipe book. It is packed with healthy and delicious blender creations served in a bowl. Leigh gives so many helpful tips and variations. Some of her recipes reflect the seasons. By putting smoothies in a bowl, adding creative toppings, the typical blender meals move to a whole new level. Tips on prep time make the choice of healthy enzyme rich foods easier. This will be an enjoyable book in the kitchen when making breakfast or when making a wonderful fruit dish for any meal.

Emily Steffel says

First pass, I rated this a two star. It wasn't that I didn't like it, it's just that it's basically more or less the same base recipe with some semi-clever modifications here and there. Then, my vegan Pre-K son found the book on the counter. He loves the recipes and the photos. Since most every recipe starts with a very healthy premise for a base, I was happy to make sure we had all the avocados, bananas, etc. on hand that we needed so he could try a recipe every morning. While it was a two star for me, it was clearly a four star for him, and we're giving it as a gift to his vegan babysitter, as well.

Dennis De Rose says

Smoothies have been around since the 30's; check it out. It's true, but Smoothie Bowls are relatively new, a healthy food fad since 2007. Here's your chance to snag an ultra healthy "cookbook" loaded with colorful good-for-you snacks and meals. By definition, this is not a cookbook because, you guessed it, there is absolutely no cooking involved. I bet you can whip up a great tasting Smoothie Bowl in ten minutes or less. All you need is a blender (no need to go crazy and spend a fortune), measuring cups and spoons, a bowl and your ingredients.

Some Smoothie bowls are so easy to make, like a Basic Blueberry Bowl. All you need is blueberries, almond milk, banana, almonds and honey. LEIGH WEINGUS has done a fantastic job creating A RAINBOW OF SMOOTHIE BOWLS. The book has a heavy-duty colorful cover and is well organized. SMOOTHIE BOWLS has six sections: Spring, Summer, Fall, Winter Evergreen and Light Bowls. The introduction is inclusive, complete with a history of Smoothie Bowls, Ingredients, equipment, healthy vs. unhealthy, cost of preparation, and a section on how to use the book. The recipes are easy to follow and even the pictures make you want to lick the pages.

A RAINBOW OF SMOOTHIE BOWLS by LEIGH WEINGUS would be a great gift for anyone that loves fruits, vegetables, nuts and wants to eat healthy. The book was published a few days ago and the holidays are just around the corner. The book is already bargain-priced so why not buy two, one for you and one for a friend or relative.

Sheri says

I appreciate the everyday ingredients and simplicity of the recipes in this book. Pretty much all the recipes called for basic fruits which makes finding ingredients easy and budget friendly.

What I didn't like about the book was the inaccurate measurements. Every single recipe calls for 1 cup almond milk which makes for a drinkable smoothie, not a spoonable smoothie. I tried the Very Berry Mango Bowl which is 1 banana, ½ cup frozen mango, and 1 cup almond milk blended until smooth for the base, and then topped with berries. With the 1 cup almond milk, it is much too thin with a consistency like milk, and not thick enough to hold the berries. I tried the same recipe again using just ½ cup almond milk. It was thicker and more smoothie like but still drinkable, I would say comparable to a slushie. Cutting the liquid back to ¼ cup or adding more fruit might be the right adjustment for this particular recipe. But what does that mean for other recipes that use other fruits or already use more fruits in the base? Seems like you'll have to play around with the proportions for every recipe in the book, hence my low rating.

This is a book of recipes and I expect the measurements to be exact. I expect to make the product as shown with no modifications on my end. I understand that a book on smoothie bowls is going to be spoonable smoothies. If I prefer drinkable smoothies, I will modify the recipes by adding more liquid or I will pick up a book with recipes for drinkable smoothies. I can experiment on my own and just throw a little of this and a little of that together and see what I get, but when I'm buying a book of recipes I want specifics. I didn't get specifics here; I got a book of loose guidelines that I have to play around with. I'm going to move on from this book and see if I have better luck with other books on smoothie bowls.

To sum it up: Contains potentially tasty easy to prepare recipes but with inaccurate measurements. The delicious photos will tempt you into trying one, but be prepared to make modifications as you go by having extra fruit ready or accepting that your smoothie may be drinkable and not spoonable.
