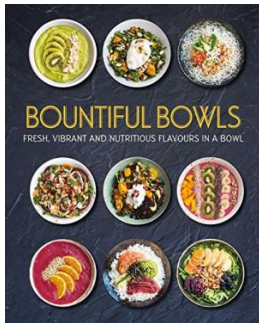


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BOUNTIFUL BOWLS: FRESH, VIBRANT AND NUTRITIOUS FLAVOURS IN A BOWL (HARDBACK)



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Power bowls are the latest big thing in the foodie world - we now see smoothie bowls, breakfast bowls, Buddha bowls, macro bowls, poke bowls, quinoa bowls and flex bowls on upmarket menus and health blogs alike . So what is the appeal? A substantial part is linked to macrobiotics, the idea that fresh, unprocessed local produce is always the tastiest and healthiest and that a varied combination..

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