



## 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](#)  
[ 1.96 MB ]

### Reviews

*It is an amazing ebook i actually have at any time study. We have read and so i am certain that i will likely to read through yet again once again later on. Your way of life period will likely be change when you complete looking at this pdf.*

-- **Cristina Rowe**

*This created pdf is excellent. We have read through and i also am sure that i am going to going to study yet again yet again in the future. You will not truly feel monotony at at any time of your time (that's what catalogues are for concerning should you check with me).*

-- **Myriam Bode**