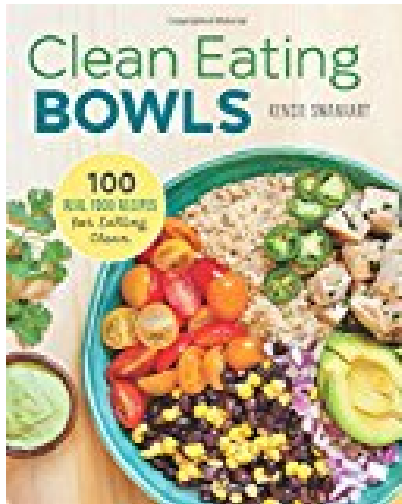


# Clean Eating Bowls 100 Real Food Recipes for Eating Clean

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## BOOK DETAILS

- Author : Kenzie Swanhart
- Pages : 160 Pages
- Publisher : Rockridge Press
- Language : English
- ISBN : 1623157862

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## BOOK SYNOPSIS

This clean eating cookbook has everything you need to eat clean and feel fantastic. From super-food smoothie bowls to hearty comfort bowls, you'll find the nourishment you need and the flavors you love in the simplicity and ease of the all-mighty bowl. The concept of "bowl food" has gained popularity in recent years. Bowls make it simple to create meals in no time at all—just pile it on and dig right in. But when you pair the convenience of the bowl with the nutrition of clean eating, you've got one power-packed combination. When Kenzie Swanhart started her journey of clean eating she did so hoping to find balance in her diet and her life. Many years of clean eating later, she's the author of two bestselling cookbooks *Paleo in 28* and *Spiralize It!*, creator of the popular food blog, *Cave Girl in the City*, and remains committed to sharing the power of clean eating with others. In *Clean Eating Bowls*, you'll enjoy 100 of Kenzie's simple, crave-worthy recipes, such as: Huevos Rancheros Breakfast Bowl Carrot Cake Smoothie Bowl The Ultimate Taco Salad Bowl Barbacoa and Avocado Bowl Poke Noodle Bowl Peanut Butter Cup Pudding Bowl *Clean Eating Bowls* is your complete resource for customizing any and every kind of bowl that your clean eating heart desires. With recipes that leave you feeling satisfied, you can relax and enjoy the pleasures of clean eating instead of worrying about what not to eat.

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