



Smoothie Bowls: Inspiring Healthy Foods

Eliq Maranik

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Have you heard about the new trend in smoothies? You put them in bowls and mix them with ingredients such as cornflakes, seeds, fresh or dried fruit, vegetables, chocolate and toppings. This transforms smoothies into satisfying and wholesome meals.

Nutritious and healthy, smoothie bowls combine the freshness of smoothies with crunchy ingredients to chew on, awakening your taste buds and leaving you feeling pleasantly full. The great variety of colors, textures, and flavors makes smoothie bowls a pleasure for the eye - they are small artistic compositions that you can create according to your taste and nutritional needs. Smoothie expert Eliq Maranik presents dozens of ideas for smoothie bowls that you can enjoy at any time of day, together with some easy recipes on how to make your own granola.

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