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Bountiful Bowls: Fresh, Vibrant and Nutritious Flavours in a Bowl (Hardback)

By -

Parragon, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. 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 of food groups will give you the perfect balance of nutrients. The 50 bowls in Bountiful Bowls focus on breakfast bowls, savoury snacks and lunch bowls, salad bowls, main meals in a bowl and dessert bowls, each one with a clear emphasis on fruit, vegetables, beans or alternative sources of protein. The bowls are often colourful and visually appealing, based on bright natural colours and appetizing textures - crisp red peppers, deep red tomatoes, crunchy pale green salad leaves, blanched red-rimmed circles of radish, the lush purple of beetroot, small blocks of feta or the inviting oranges, yellows and greens of split peas or lentils. So it's time to embrace the bowl in all its glory, with dishes such...



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