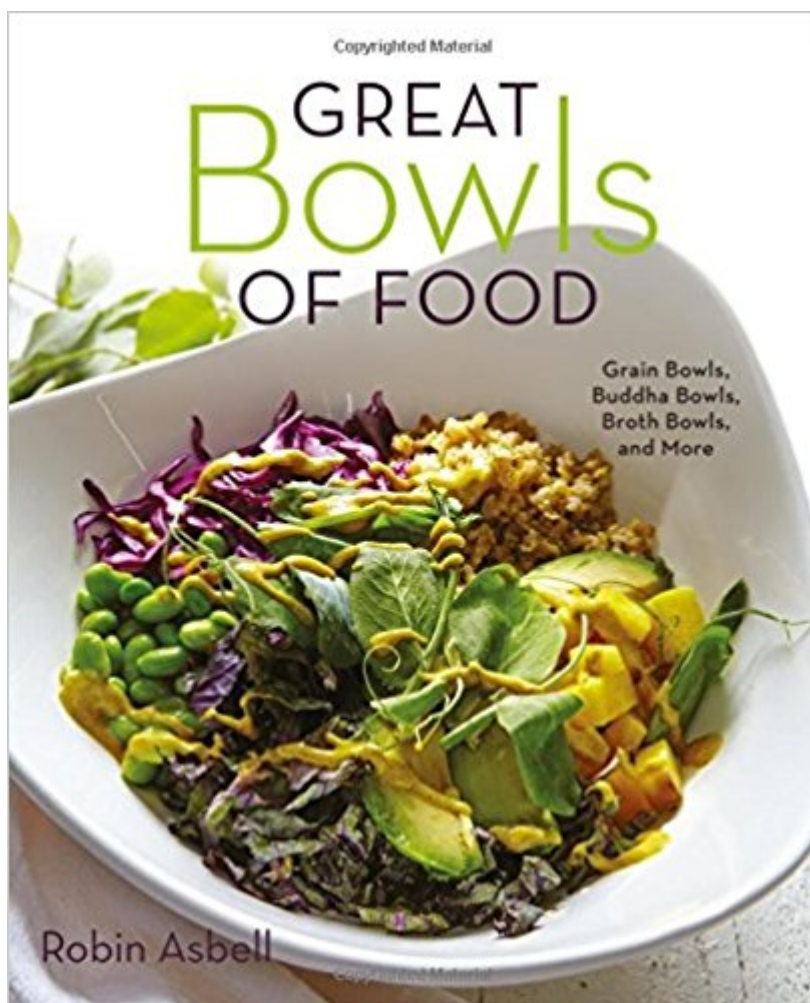




Ebook Directory
the best source of ebook

The book was found

Great Bowls Of Food: Grain Bowls, Buddha Bowls, Broth Bowls, And More



Synopsis

Layer up grain, vegetable, protein source and sauce: Everyone loves to eat from a bowl! Whether it's a rice bowl, a grain bowl, or even a low-carb, high-protein Buddha bowl, bowl food eating is easy, delicious, and never dull. In this hip new cookbook, renowned cookbook writer Robin Asbell shares 75 of her favorite bowl food recipes, as well as a handy chart that helps readers to mix and match ingredients at a glance to create the perfect bowl. Recipes include: Paleo Cauliflower Tabouli Bowl with Lemon Mint Dressing, Sweet Potato, BBQ Chicken, Corn, and Chips Bowl, Rice, Tofu, and Green Bowl with Kimchi and Spicy Spinach, Miso Poached Vegetable and Shrimp Noodle Bowl. There's something for everyone here. 40 color photographs

Book Information

Paperback: 208 pages

Publisher: Countryman Press; 1 edition (May 24, 2016)

Language: English

ISBN-10: 1581573383

ISBN-13: 978-1581573381

Product Dimensions: 7.6 x 0.7 x 9.1 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 21 customer reviews

Best Sellers Rank: #69,716 in Books (See Top 100 in Books) #64 in Books > Cookbooks, Food & Wine > Cooking Methods > Cooking for One or Two #1389 in Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

"If you want to begin the year eating more healthily, this is a good place to start." -- People's Friend

Robin Asbell is a cookbook writer and chef. Her work has appeared in Clean Eating, Better Homes and Gardens, Vegetarian Times, Real Food, and elsewhere. She lives and teaches cooking classes outside Minneapolis.

I have already made several of these and plan several more in the immediate future. Delicious, simple to prepare and all ingredients readily available at my grocery store. One trip to World Market filled in the very few gaps. My family loves them and they are quite satisfying and nutritious.

I am learning to make meals for one and the variety in this book makes me smile. I appreciate the work that went into writing this.

Delicious and healthy recipes that are fun to prepare.

Good variety of recipes and ideas for bowl meals.

It was a book we were looking for

Totally found some new ideas for quick healthy dinners.

This book has absolutely transformed my life!! Delicious, healthy, filling, low cal meals that make me forget that I'm "dieting". I wish I had this book 20 years ago!

Oh yeah- this was what I was looking for! We have one of those households where everyone (except me- the cook) has food issues of one kind or another. I am hopeful that I can use the great variety of yummy looking bowl recipes in this book to keep everyone happy - they can add or skip what they want!

[Download to continue reading...](#)

Bone Broth: Bone Broth Diet Cookbook: Bone Broth Recipes and Guide to Lose Up 15 Pounds, Firm up Your Skin, Reverse Grey Hair and Improve Health in 21 ... Broth, Bone Broth Diet, Bone Broth Recipes) Bone Broth : Bone Broth Diet Plan: Lose 15 Pounds, Firm Up Your Skin, Improve Health and Reverse Grey Hair with the Bone Broth Diet (Bone Broth, Bone Broth Diet, Bone Broth Recipes) Great Bowls of Food: Grain Bowls, Buddha Bowls, Broth Bowls, and More Soup Diet: Souping: The New Juicing - Clean Soups and Bone Broth for Rapid Weight Loss (Soup Cleanse Cookbook, Clean Soups, Bone Broth, Bone Broth Cookbook, Soup Recipes Book 1) Buddha's Belly : Recipes For An Enlightened Mind: Mindful and Healthy Eating Based on Buddha's Diet Philosophy. Asian Vegetarian Cookbook Meals to Connect ... Your Inner Soul (Buddha's Belly Series 1) The Best Grain-Free Family Meals on the Planet: Make Grain-Free Breakfasts, Lunches, and Dinners Your Whole Family Will Love with More Than 170 Delicious Recipes (Best on the Planet) The Best Grain-Free Family Meals on the Planet: Make Grain-Free Breakfasts, Lunches, and Dinners Your Whole Family Will Love with More Than 170 Delicious Recipes Grain Bowls:

Bulgur Wheat, Quinoa, Barley, Rice, Spelt and More The Everything Healthy Meal Prep Cookbook: Includes: Shrimp Taco Meal Prep Bowls * Zucchini Noodles with Shrimp * One Pan Honey-Lime Chicken * No-Bake ... * Jerk Chicken Bowls ... and hundreds more! Food Truck Business: How To Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,) My Grain & Brain Gluten-free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook Everyday Grain-Free Baking: Over 100 Recipes for Deliciously Easy Grain-Free and Gluten-Free Baking Bowls of Plenty: Recipes for Healthy and Delicious Whole-Grain Meals WHEAT BELLY: SLOW COOKER: Cookbook of 25 Grain Free Recipes for Weight Loss (Weight Loss, Low Carb, Grain Free,Healthy) Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook,Whole Food Recipes, Clean Eating, Paleo, Ketogenic) The Buddha's Teachings on Social and Communal Harmony: An Anthology of Discourses from the Pali Canon (The Teachings of the Buddha) 12 Steps on Buddha's Path: Bill, Buddha, and We Buddha is As Buddha Does: The Ten Original Practices for Enlightened Living Buddha, Vol. 6: Ananda (Buddha (Paperback)) Buddha's Belly - Authentic Flavors From The East: Healthy, Flavorful Buddhist Recipes Cookbook from Nepal , Tibet , Bhutan , Myanmar, Laos , Cambodia. ... Consciously (Buddha's Belly Series 2)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)