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Autore	Chace Daniella
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Nota di contenuto	Intro -- Title Page -- Copyright -- Dedication -- Contents -- Chapter 1: Introduction -- Chapter 2: Berry Bowl Recipes -- Blueberry Cream -- Superfood Granola Bowl -- Chocolate-Covered Cherries -- Summer Picnic -- Cherry Pecan Cream -- Berry Blood Orange Bowl -- Lemon Berry Sorbet -- Tangerine Burst -- Midsummer Sorbet -- Berry Mint Greens -- Chapter 3: Citrus Bowl Recipes -- Orange Chocolate Mousse -- Ginger Berry Sorbet -- Licorice Citrus -- Pomelo Punch -- Good Morning Grapefruit -- Blood Orange Blast -- Mandarin Basil Velvet -- Vanilla Pumpkin Cream -- Fall Sunshine -- Grapefruit Kiwi Boost -- Chapter 4: Green Bowl Recipes -- Super Strawberry Citrus -- Almond Blueberry Calmer -- Summer Peaches and Parsley -- Parsley Apple Crunch -- Garden Berry -- Blueberry Cherry Whip -- Ginger Grapefruit Warmer -- Sweet Greens -- Vanilla Basil Whip -- Banana Protein Crunch -- Chapter 5: Herb Bowl Recipes -- Cantaloupe Basil Cooler -- Creamy Cilantro and Citrus -- Oregano Citrus Power -- Cherry Insomnia Elixir -- Rosemary Peach Forget-Me-Not -- Creamy Vanilla Parsley -- Avocado Basil Whip -- Blueberry Spearmint -- Fennel Berry Sorbet -- Strawberry Thyme Soother -- Chapter 6: Pomegranate Bowl Recipes -- Mango Pom Refresher -- Tangerine Pomegranate Sorbet -- Pomegranate Tangerine Crush -- Wild Berry Pom -- Cranberry Ginger Warmer -- Golden Granola Powerhouse -- Almond Banana Crunch --

Strawberry Apricot Pom -- Creamy Berry Pomegranate -- Peaches and Cream -- Chapter 7: Power Bowl Recipes -- Kid-Friendly Blend -- Maternity Power Bowl -- Athlete's Power Bowl -- Coconut Berry Cream -- Muscle Max Blueberry Power -- Vanilla Coconut Charger -- Power Granola Bowl -- Strawberry Pecan Power -- Banana Nut Crunch -- Chocolate Macadamia Pudding -- Chapter 8: Spice Bowl Recipes -- Almond Chai -- Creamy Cocoa Crunch -- Pineapple Ginger Mango -- Ginger Snap.

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