



Smoothies: 50 Rezepte für grüne Smoothies und Obst Smoothies (Soul Food) (German Edition)

Naumann & Göbel Verlag

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Gesunde Drinks und Gemüse im Glas!

Die fruchtigen Mixgetränke sind nicht nur in, sondern vor allem lecker und gesund. Mit Saft, Wasser oder Milch gemischt, sind die cremigen Vitaminbomben ein wichtiger Bestandteil der gesunden Ernährung. Aber auch die grünen Smoothies mit Gemüse und Blattgrün sind sehr vitaminreich. Erleben und schmecken Sie frische Rezepte wie Mango-Orangen-Smoothie, Grapefruit-Smoothie, Birnen-Kiwi-Smoothie, Wildkräuter-Smoothie oder Kopfsalat-Smoothie. Trinken Sie Vitamine und leben Sie gesund - mit unseren Smoothie Rezepten kein Problem. Die Schritt-für-Schritt Anleitungen leiten Sie an, um einfach und easy Ihre Fruchtsäfte selber zu machen.

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