



Power-Smoothies: Morgens, mittags, abends - gesunde Vitamin-Shots für jede Gelegenheit! (German Edition)

Rose Marie Donhauser

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Smoothies – Marktfrisch ins Glas

Die gesunden Smoothies sind der absolute Renner. Der Begriff »Smoothie« kommt aus dem Englischen und heißt so viel wie cremig, fein, gleichmäßig. Die konzentrierten Vitamin-Shots schmecken wunderbar erfrischend, machen angenehm satt und strotzen nur so vor Vitaminen, Mineralstoffen und Ballaststoffen. Denn im Gegensatz zu Fruchtsäften werden Obst und Gemüse nicht gepresst, sondern als ganze Frucht püriert. Die Zubereitung ist superleicht und dauert nur wenige Minuten: jeder kann seinen eigenen Lieblingsmoothie mit einem einfachen Pürierstab selbst mixen. Sie sind reinste Wundermittel, da sie die Darmflora gesund halten, sie wirken entschlackend und können aufgrund ihrer Powerstoffe sogar vor Krebs schützen. Sie sind perfekte Alternativen zu Süßigkeiten, fettigen Fast-Food-Snacks und Ungesundem für zwischendurch, denn man kann sie nicht nur überall hin mitnehmen, sondern sie lassen sich sogar für 2 bis 3 Tage auf Vorrat zubereiten. Probieren Sie gemüsige, fruchtige oder grüne Smoothies mit Kräutern, zum Beispiel Mango-Basilikum-Smoothie, Kräuter-Bananen-Smoothie oder Melonen-Limetten-Spinat-Smoothie – das ist Obst und Gemüse in Reinform!

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From reader reviews:

Joann Hamilton:

The experience that you get from Power-Smoothies: Morgens, mittags, abends - gesunde Vitamin-Shots für jede Gelegenheit! (German Edition) will be the more deep you rooting the information that hide inside the words the more you get serious about reading it. It does not mean that this book is hard to understand but Power-Smoothies: Morgens, mittags, abends - gesunde Vitamin-Shots für jede Gelegenheit! (German Edition) giving you buzz feeling of reading. The author conveys their point in specific way that can be understood by anyone who read this because the author of this guide is well-known enough. This specific book also makes your personal vocabulary increase well. Therefore it is easy to understand then can go with you, both in printed or e-book style are available. We propose you for having that Power-Smoothies: Morgens, mittags, abends - gesunde Vitamin-Shots für jede Gelegenheit! (German Edition) instantly.

Donald Gullett:

Reading can called head hangout, why? Because when you are reading a book specifically book entitled Power-Smoothies: Morgens, mittags, abends - gesunde Vitamin-Shots für jede Gelegenheit! (German Edition) the mind will drift away trough every dimension, wandering in every single aspect that maybe unknown for but surely will end up your mind friends. Imaging every single word written in a reserve then become one web form conclusion and explanation that will maybe you never get prior to. The Power-Smoothies: Morgens, mittags, abends - gesunde Vitamin-Shots für jede Gelegenheit! (German Edition) giving you an additional experience more than blown away your head but also giving you useful details for your better life in this particular era. So now let us teach you the relaxing pattern this is your body and mind is going to be pleased when you are finished looking at it, like winning a casino game. Do you want to try this extraordinary investing spare time activity?

Sandra Conaway:

This Power-Smoothies: Morgens, mittags, abends - gesunde Vitamin-Shots für jede Gelegenheit! (German Edition) is great book for you because the content which is full of information for you who all always deal with world and also have to make decision every minute. That book reveal it data accurately using great coordinate word or we can state no rambling sentences inside. So if you are read that hurriedly you can have whole details in it. Doesn't mean it only provides straight forward sentences but hard core information with attractive delivering sentences. Having Power-Smoothies: Morgens, mittags, abends - gesunde Vitamin-Shots für jede Gelegenheit! (German Edition) in your hand like keeping the world in your arm, info in it is not ridiculous just one. We can say that no e-book that offer you world within ten or fifteen tiny right but this e-book already do that. So , this really is good reading book. Hey there Mr. and Mrs. occupied do you still doubt in which?

Christopher Walker:

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