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# DIE BESTEN POWERSMOOTHIES: NEUE REZEPTE ZU FRUCHTSMOOTHIES, GEMÜSESMOOTHIES, GRÜNEN SMOOTHIES



Bassermann Verlag, 2016. Gebundene Ausgabe. Condition: Neu. Neu Neu/sofort versandbereit - auf Lager - Fit durchs Jahr mit Power aus dem Glas Smoothies sind gleich in doppelter Hinsicht der Hit. Sie sind nicht nur köstlich, sondern mit ihren Vitaminen, Mineralstoffen, sekundären Pflanzenstoffen und Antioxidantien ideale Energielieferanten. Smoothies können eine ganze Mahlzeit ersetzen und machen leistungsfähiger und fitter. Dieses Buch beinhaltet 50 neue Rezepte für farbenfrohe Powersmoothies, mal in fruchtiger Form, mal als grüner Gemüsesmoothie, mal für den Sommer, mal als...

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- Authored by Gabriele Redden Rosenbaum
- Released at 2016



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