

Super Smoothies - Die besten Detox-Drinks



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(Dr. Amie Bogisich)

SUPER SMOOTHIES - DIE BESTEN DETOX-DRINKS



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Dorling Kindersley Verlag Dez 2015, 2015. Buch. Condition: Neu. Neuware - Super schnell, super lecker, super gesund: Smoothies sind geniale kleine Powerpakete! Sie sind fix in der Zubereitung, schmecken gut und versorgen uns mit einer geballten Ladung an Nährstoffen, die helfen, fit und gesund zu bleiben. 'Super Smoothies' bietet 60 abwechslungsreiche Rezepte, die in 12 Themenkapitel für konkrete Bedürfnisse wie 'Schöne Haut', 'Energie-Booster' oder 'Immunsystem' unterteilt sind. Dazu gibt es 12 darauf abgestimmte Detox-Pläne mit weiteren wertvollen Anregungen, dem Körper etwas Gutes zu tun. Jedes der Rezepte wird von Bildern aller Zutaten begleitet und Sie sehen auf einen Blick, was hinein kommt. So haben Sie schon beim Einkaufen alles perfekt im Blick. An den Mixer, fertig, los! 160 pp. Deutsch.



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