



Grüne Smoothies: Der Powerdrink aus süßem Obst und grünem Gemüse (German Edition)

Rose Marie Donhauser

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Der grüne Zaubertrank!

Grüne Smoothies sind eine geniale Erfindung - die Drinks aus Obst und Gemüse bieten dem Körper alle nötigen Vitalstoffe, um gesund und fit zu bleiben. Grünes Blattgemüse hat die höchste Nährstoffdichte aller Lebensmittel. Es stärkt den Körper und sorgt dafür, dass man sich den ganzen Tag fit und leistungsstark fühlt. Kombiniert mit süßen Früchten entsteht ein leckeres Getränk, das auch Kindern schmeckt. Alles, was man dafür braucht, ist ein hochwertiger Mixer und frische Zutaten wie z.B. Salat, Spinat, Grünkohl, Bananen, Weintrauben oder Orangen. Da die Smoothies im Handumdrehen zubereitet sind, können sie problemlos in den Alltag integriert werden. Auch zum Abnehmen sind sie gut geeignet, denn sie enthalten nur wenig Kalorien und machen trotzdem angenehm satt. Dieses Buch bietet 55 abwechslungsreiche Rezepte für jede Jahreszeit.

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