



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 Lieblingssmoothie 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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