



## Grüne Smoothies - Die Energiebooster

By Green, Fern

Dorling Kindersley Verlag. soft. Condition: New. Sich fit fühlen, die Abwehrkräfte stärken und mit jedem Schluck neue Energie tanken: mit frischen Säften und Smoothies tun Sie sich etwas Gutes! Ob im Büro, für unterwegs oder zum Genießen zu Hause - Smoothies sind praktische Muntermacher für jeden Tag. Schnell und einfach zubereitet versorgen sie den Körper mit den wichtigsten Vitaminen und Mineralstoffen. Vom »Fatburner« über den »Stresskiller« bis hin zum »Beauty-Smoothie« bringen die Mixgetränke Farbe in den Alltag. Jedes der 66 Rezepte wird von Bildern aller Zutaten begleitet und Sie sehen auf einen Blick, was hinein kommt. Die tollen Rezeptideen aus Blattgemüse, Früchten, Nüssen und Kräutern machen nicht nur Gemüse-Liebhaber zu Smoothie-Fans. Ein 7-Tage-Detoxplan hilft bei der Entschlackung und Gewichtsreduktion. Ran an den Mixer! \*\*\* Nota: EL COSTE DE ENVÍO A CANARIAS ES 11.49 EUROS. Si ha realizado un pedido con destino a CANARIAS no podemos hacer el envío con el coste actual. Nos pondremos en contacto con usted para comunicar el coste total del envío a Canarias y si está de acuerdo, Abebooks le efectuará el cargo adicional.

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