



Wild und roh: Die besten Smoothies mit Wildpflanzen (German Edition)

Christine Volm

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Grüne Smoothies dürfen jetzt auch bunt sein. Ob Erdbeeren, Kirschen oder Kürbis - in Kombination mit Wildpflanzen sind diese Smoothies nicht immer nur grün, aber immer gesund und lecker. Christine Volm stellt rund 50 abwechslungsreiche, rohköstliche und vegane Smoothie-Rezepte vor, die als leckere Dips, Suppen, Soßen, Puddings, Aufstriche und sogar Eis in allen Farben leuchten und für neue Geschmackserlebnisse sorgen. Einheimische Wildpflanzen und außergewöhnliche Superfoods geben diesen Smoothies den Extra-Kick an Vitaminen, Mineralstoffen und zahlreichen weiteren Pflanzeninhaltsstoffen, die uns vital und gesund erhalten.



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