



Vegane Smoothies: Natürliche Power aus dem Glas (German Edition)

Eliq Maranik

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Mit ihren "Veganen Smoothies" zeigt Food-Expertin Eliq Maranik, wie köstlich und abwechslungsreich gesunde Ernährung sein kann. Die samtigen Drinks mit Obst, Beeren und Gemüse sind wahre Powerpakete und eignen sich zum Frühstück ebenso wie als Energiespender zur Mittagspause oder als süße Zwischenmahlzeit am Nachmittag. An Frische sind die veganen Smoothies nicht zu überbieten, aber auch wer Sahniges und Schokoladiges mag, muss nicht verzichten. Mit Soja- oder Nussmilch lassen sich herrlich sämige Drinks herstellen. Wer mehr über gesunde Zutaten und die beste Art der Zubereitung erfahren möchte, erhält hierzu jede Menge ausführliche Hinweise in der Einleitung. Dieses Buch ist ideal für alle, die sich vegan ernähren oder einfach nur gesunde Powerdrinks genießen möchten.



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