



Smoothies, Shakes & Co: Unsere 100 besten Rezepte in einem Kochbuch (German Edition)

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Smoothies sind lecker, gesund und absolute Trendgetränke. Für Smoothies werden die ganzen Früchte bis auf Schale und Kerne im Mixer verarbeitet und diese Fruchtpürees mit frischen Säften oder Milch verlängert. Shakes werden ausschließlich aus frischen Säften hergestellt, die dann auf unterschiedlichste Art kombiniert werden können. Dabei bietet unsere unwiderstehliche Rezeptsammlung einen Anreiz für immer wieder neue Kreationen und Eigenkompositionen. Ein Must-have für alle, die es frisch und fruchtig mögen!

- Frische und fruchtige Trendgetränke im Handumdrehen zubereitet
- Gesunder Genuss mit Beeren, Ananas, Banane, Gurke & Co.
- Alle Rezepte mit anschaulicher Schritt-für-Schritt-Anleitung und brillantem Farbfoto
- Inklusive ausführlicher Einleitung mit Tipps und Tricks zum Mixer-Kauf sowie zahlreichen Dekorationsvorschlägen

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