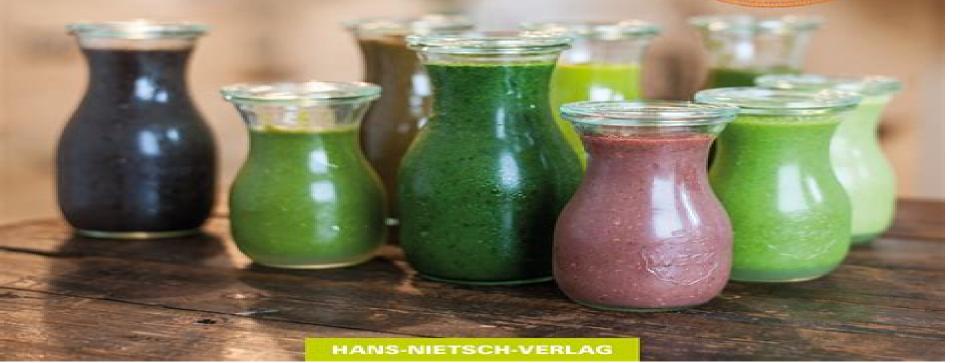


Die **100 besten Zutaten** für Gesundheit & Wohlbefinden

Vorgestellt von der "Erfinderin" der Grünen Smoothies

Victoria Boutenko



# **Die 100 Besten S Fte Smoothies**

**Linda Adamyk** 

#### Die 100 Besten S Fte Smoothies:

Best Smoothies and Juices A Collection of Over 100 Essential Recipes ,2011 The Best Green Smoothies on the Planet Tracy Russell, 2014-12-16 Indulge in these easy delicious recipes and discover the incredible health benefits of green smoothies IncredibleSmoothies com founder Tracy Russell tried just about every fad diet and expensive superfood supplement out there with negligible results It wasn t until she discovered green smoothies that she lost 40 pounds lowered her cholesterol by 50 points and started running marathons In The Best Green Smoothies on the Planet Russell shares healthy down to earth recipes made with unprocessed whole foods Packed with fresh fruits and vegetables particularly leafy greens that you can find at your neighborhood grocery store or local farmers market every recipe in this book contains nutrition information as well as options for substitutions and variations Russell reveals optimal flavor pairings which green goes best with which fruit and which fruits blend best together and specific health benefits of key ingredients Focusing on the many positive effects of drinking green smoothies including detox and cleansing natural weight loss and mood enhancement Russell offers nutrient rich recipes with flavorful fun combinations such as Pineapple Ginger Chocolate Peanut Butter Mango Avocado Cherry Pomegranate Nectarine Goji Berry With 150 delicious green smoothie favorites enough smoothies for five whole months The Best Green Smoothies on the Planet provides recipes that can accommodate and enhance any individual or family diet Whether you re a smoothie veteran or trying something new these drinks will wow you with both accessibility and incredible taste 100 Best Smoothies and Juices Stevan Paul, 2009 The ultimate guide featuring 100 fantastic recipes for smoothies juices Informative introduction which includes fruit directory hints and tips and essential equipment Delicious and exciting new recipe ideas Full colour photography to accompany each recipe

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