



Grüne Säfte: Natürlich, Gesund und Lecker (German Edition)

Carla Zaplana

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Schnell und unkompliziert liefern sie den täglichen Bedarf an Obst und Gemüse und können, wenn man ein paar Dinge beachtet, gesundheitsfördernd wirken, das Immunsystem stärken und beim Gewichtsverlust helfen. Wussten Sie zum Beispiel, dass grüne Säfte dazu beitragen, den Sauerstoffgehalt im Blut zu erhöhen, den Alterungsprozess zu verzögern und die Verdauung zu verbessern?

In 30 einfachen Rezepten zeigt Ernährungs- und Gesundheitsexpertin Carla Zaplana, wie abwechslungsreich eine gesunde Ernährung mit den köstlichen Powerdrinks sein kann. Darüber hinaus beschreibt sie detailliert die verschiedenen Zutaten und ihre Wirkungen und empfiehlt ausgefallene Toppings, mit denen den Säften eine Extraportion Energie beigefügt werden kann.

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