

Grüne Smoothies und andere Power-Smoothies



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Reviews

Completely essential read publication. I am quite late in start reading this one, but better then never. You wont truly feel monotony at at any moment of your time (that's what catalogs are for regarding should you question me).

(Nels Runte IV)

GRÜNE SMOOTHIES UND ANDERE POWER-SMOOTHIES



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Komet, 2015. Gebundene Ausgabe. Condition: Neu. Neu Neu/sofort versandbereit - auf Lager - Herrlich erfrischend, supergesund und blitzschnell gemixt: Grüne Smoothies sind pure Power aus dem Glas. Die geballte Kraft von grünem Blattgemüse und frischem Obst liefert unserem Körper eine Vielzahl an wertvollen Vitalstoffen und sorgt im Handumdrehen für Genuss und Energie. Dieses originell gestaltete Buch versammelt die besten Rezepte für grüne Smoothies und andere fruchtige und gemüsige Power-Smoothies: Vom Grünkohl-Dattel-Smoothie über Trauben-Smoothie mit Mangold bis zum Wildkräuter-Smoothie - mixen, shaken und genießen Sie echte Vitaminkicks für Ihr Wohlbefinden! 48 pp. Deutsch.



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