



## Soups

By Martina Kittler

Graefe Und Unzer Verlag Aug 2017, 2017. Taschenbuch. Condition: Neu. Neuware - Souping ist das neue Juicing! Unser liebstes Soulfood ist gerade der neue Mega-Star der Health-Food-Szene. Kunterbunte Suppenkreationen aus Gemüse und Obst, mit Fisch und Fleisch, getoppt mit Nüssen und Samen machen Löffel für Löffel happy - frische Power inklusive. Statt Zusatzstoffe und Geschmacksverstärker, kommt Natur pur in die Suppenschüssel. Ob warm oder kalt, smooth oder chunky, süß, zum Frühstück, to go oder einfach so - diese Suppen und Brühen haben es in sich und versorgen deinen Körper mit vielen Vitaminen, Mineralstoffen, essentiellen Fetten und hochwertigen Eiweißen. Power-Zutaten wie Ingwer, Kurkuma und Chili regen deinen Stoffwechsel an und sorgen rundum für Wohlbefinden. Spicy ACE-Soup, Mandel-Tonka-Süppchen, Kaki-Quinoa-Suppe und Magic-Kurkuma-Broth zeigen, wie vielseitig Suppen sein können. Verschenke selbstgemachte Gewürzpaste oder deine Lieblingssuppe und hol dir mit der Spotify-Playlist Gute-Laune-Beats in deine Küche. Also ran an die Suppen und löffel dich glücklich! 128 pp. Deutsch.



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