



# Smoothies - Power for you! (German Edition)

*Irina Pawassar*

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*Irina Pawassar*

## **Smoothies - Power for you! (German Edition)** Irina Pawassar

Smoothies sind gesund und lecker, und vor allem: im Handumdrehen zubereitet! Egal ob grüne Smoothies, die mit ihrem hohen Chlorophyll-Anteil wahre Detox-Wunder sind, oder cremige Frucht-Smoothies als Vitamine to go, diese Shakes sind der ideale Einstieg in eine gesunde Ernährung. Frühstücksmuffel finden in ihnen den perfekten, schnell zubereiteten Muntermacher, im Büro retten sie vor dem Mittagstief, und als Vorspeise am Abend sorgen sie für angenehme Träume. Mit den Rezepten der Raw Food-Expertin Irina Pawassar und dem Know how von Superdanke.com können Sie jeden Tag aufs Neue entdecken, wie viel Energie in den Power-Drinks steckt – Power for you!

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