

Rezeptübersicht

VORWORT	6
----------------	----------

DER WOCHENPLANER	11
-------------------------	-----------

WARME FRÜHSTÜCK BOWLS	13
------------------------------	-----------

EIER BOWL	14
HANF BOWL	15
MATCHA BOWL	16
SCHOKO BOWL	17
BANANEN BOWL	18
KOKOS BOWL	19
HANF BANANEN BOWL	20
GRIES BOWL	21
CHIASAMEN BOWL	22
MOHN BOWL	23
ZIMT BOWL	24
VANILLE BOWL	25
BOWL	26
ZIP BOWL	27
RÜHREI HANF BOWL	28
SPECK BOWL	29

WARME MITTAG BOWLS	30
---------------------------	-----------

TACOS THUNFISCH BOWL	31
BAKED BEANS BOWL	32
ASIA BOWL	33
BULGUR BOWL	34
NORI BOWL	35
LINSEN BOWL	36

EBLY BOWL	37
POKE BOWL	38
FRÜHLINGSROLLEN BOWL	39
BOWL	40
EIER BOWL	41
TACOS RINDER BOWL	42
GRAUPEN BOWL	43
JÄGER BOWL	44
KNOBLAUCH BOWL	45
TACOS HÄHNCHEN BOWL	46
ROSENKOHL BOWL	47
CHINAKOHL BOWL	48
CHILI BOWL	49
COUSCOUS BOWL	50
POLENTA BOWL	51
SÜß SAUER BOWL	52
KÜRBIS BOWL	53
WÜRSTCHEN BOWL	54
HÄHNCHEN BOWL	55

WARME ABEND BOWLS	56
--------------------------	-----------

HACKBÄLLCHEN BOWL	57
ROTE BEETE BOWL	58
THUNFISCH BOWL	59
ZITRONEN BOWL	60
PASTA BOWL	61
LACHS BOWL	62
SPAGHETTI BOWL	63
QUINOA ZUCKERSCHOTEN BOWL	64
TORTILLA BOWL	65
RUCOLA BOWL	66
FORELLE BOWL	67
TOMATEN CHILI BOWL	68
PILZE BOWL	69
GARLIC BOWL	70

SALAT BOWLS **71**

THUNFISCHSALAT BOWL	72
ANANAS SALAT BOWL	73
KARTOFFELN BOWL	74
SALATHERZEN BOWL	75
ROHKOST BOWL	76
REISSALAT BOWL	77

RAMEN BOWLS **78**

RAMEN GARNELEN BOWL	79
RAMEN KAISER BOWL	80
RAMEN BAMBUS BOWL	81
RAMEN FORELLE BOWL	82
RAMEN THUNFISCH BOWL	83
RAMEN TOMATE BOWL	84
RAMEN SPINAT BOWL	85
RAMEN KOKOS BOWL	86
RAMEN HÜHNER BOWL	87
RAMEN RINDER BOWL	88

WARME NACHTISCH BOWLS **89**

SALZIGE SCHOKO BOWL	90
CREMIGE BOWL	91
GRIEB BROMBEEREN BOWL	92
SEKT BOWL	93
KOKOSKUCHEN BOWL	94
GRIEB KIRSCH BOWL	95
APFEL MANDARINEN BOWL	96
GRIEB KOKOS BOWL	97
OREO BOWL	98
MILCHREIS BOWL	99
LEBKUCHEN BOWL	100
GRIEB RHABARBER BOWL	101

ERDNUSS SCHOKO BOWL	102
ZWIEBACK BOWL	103
CHIA QUELLE BOWL	104
KOKOSCREME BOWL	105
BANANENCREME BOWL	106
PFANNKUCHEN BOWL	107

<u>SMOOTHIE BOWLS</u>	<u>108</u>
------------------------------	-------------------

PFIRSICH BOWL	109
HAFER BOWL	110
ERDBEERE MINZE BOWL	111
KIWI SPINAT BOWL	112
KARAMELLE BOWL	113
BLAUBEERE BOWL	114
ERDBEERE MANDEL BOWL	115
KIRSCH VANILLE BOWL	116
SCHOKO MINZE BOWL	117
ROSINEN RUM BOWL	118
SCHOKO HANF BOWL	119