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BUDDHA BOWLS	188
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Rezepte von A-Z

Kategorie	Name	Seite
A		
Dessert Bowls	Acai-Snake-Bowl	254
Salat Bowls	Avocado-Brombeer-Bowl	88
Salat Bowls	Avocado-Mango-Bowl	92
Salat Bowls	Avocado-Pommes-Bowl	114
B		
Dinner Bowls	Bauer-Family-Bowl	134
Dessert Bowls	Beeren-Joghurt-Bowl	234
Frühstück Bowls	Beeren-Smoothie-Bowl	74
Frühstück Bowls	Bircher-Müsli-Bowl	60
Frühstück Bowls	Birnen-Porridge-Bowl	54
Dessert Bowls	Blackberry-Bowl	244
Frühstück Bowls	Blue Ocean-Oats-Bowl	38
Dessert Bowls	Blue Ocean-Smoothie-Bowl	246
Pasta Bowls	Bolognese-Pasta-Bowl	174
Buddha Bowls	Brokkoli-Hähnchen-Bowl	206
Buddha Bowls	Brokkoli-Reis-Bowl	194
C		
Pasta Bowls	Carbonara-Bowl - abgewandelt	186
Salat Bowls	Cashew-Brombeer-Bowl	100
Pasta Bowls	Castellani-Pasta-Bowl	166
Frühstück Bowls	Cat-Pancake-Bowl	56
Dinner Bowls	Champi-Kartoffel-Bowl	154
Dessert Bowls	Cherry-Lady-Bowl	242
Frühstück Bowls	Chia-Bananen-Bowl	58
Frühstück Bowls	Chia-Kokospudding-Bowl	76
Frühstück Bowls	Chiapudding-Fruits-Bowl	64
Buddha Bowls	Chicken-Flower-Bowl	214
Dinner Bowls	Chickpeas-Bowl	150
Frühstück Bowls	Chocolate-Bowl	46
Dinner Bowls	Chorizo-Kartoffel-Bowl	144
Pasta Bowls	Chorizo-Ramen-Bowl	178
Frühstück Bowls	Coconut-Chocolate-Bowl	32
Dinner Bowls	Cremige Lachs-Bowl	140

Rezepte von A-Z

Kategorie	Name	Seite
D		
Dessert Bowls	Dragon Fruit-Bowl	248
E		
Frühstück Bowls	Erdbeercrisp-Oat-Bowl	70
Dessert Bowls	Erdbeer-Melonen-Bowl	252
Salat Bowls	Erdbeer-Sommer-Bowl	98
Dessert Bowls	Exotic-Skyr-Bowl	224
F		
Buddha Bowls	Falafel-Quinoa-Bowl	202
Salat Bowls	Feldsalat-Erdbeer-Bowl	116
Dessert Bowls	Frozen-Brombeer-Bowl	230
Dessert Bowls	Fruit-Skyr-Bowl	256
G		
Salat Bowls	Gegrilltes Lachsfilet Bowl	96
Dinner Bowls	Gemüse-Feta-Bowl	126
Buddha Bowls	Giantbeans-Avocado-Bowl	192
Dinner Bowls	Gnocchi-Kürbis-Bowl	158
Salat Bowls	Gegrillte Pfirsich-Bowl	106
Salat Bowls	Gurken-Erdbeer-Bowl	104
H		
Dinner Bowls	Hähnchen-Curry-Bowl	132
Dinner Bowls	Hähnchen-Paprika-Bowl	142
Buddha Bowls	Hähnchen-Reis-Bowl	200
Salat Bowls	Hähnchenspieß-Mango-Bowl	110
Dinner Bowls	Hähnchen-Tomaten-Bowl	136
Frühstück Bowls	Happy-Friday-Porridge	48
Dessert Bowls	Heidelbeer-Skyr-Bowl	232
Dessert Bowls	Heidelbeer-Smoothie-Bowl	220
Frühstück Bowls	High Protein Pudding-Bowl	66
Dessert Bowls	Himbeer-Chia-Bowl	236
Dessert Bowls	Himbeer-Skyr-Bowl	240
Dessert Bowls	Himbeer-Smoothie-Bowl	228

Rezepte von A-Z

Kategorie	Name	Seite
K		
Dessert Bowls	Karibik-Bowl	222
Frühstück Bowls	Kirschen-Trauben-Bowl	78
Dessert Bowls	Kokos-Superfood-Bowl	226
Dinner Bowls	Königsberger Klopse-Bowl	152
Pasta Bowls	Kritharakinudel-Bowl	184
Pasta Bowls	Kürbis-Pasta-Bowl	172
Dinner Bowls	Kürbissuppe-Bowl	160
L		
Pasta Bowls	Lasagne-Bowl	182
Buddha Bowls	Linsen-Frikadellen-Bowl	210
M		
Frühstück Bowls	Mandel-Milchreis-Bowl	44
Frühstück Bowls	Mandel-Porridge-Bowl	34
Salat Bowls	Mango-Feta-Bowl	108
Frühstück Bowls	Mango-Lemon-Bowl	36
Frühstück Bowls	Marzipan-Porridge-Bowl	50
Salat Bowls	Melonen-Bratapfel-Bowl	84
Salat Bowls	Melonen-Feta-Bowl	94
N		
Frühstück Bowls	Nuss-Kakao-Nicecream-Bowl	40
O		
Frühstück Bowls	Oats-Berry-Bowl	42
Dinner Bowls	Obst-Pudding-Bowl	62
Frühstück Bolws	Ofen-Kürbis-Bowl	128
P		
Frühstück Bowls	Pancake-Cereal-Bowl	28
Dinner Bowls	Paprikahack-Reis-Bowl	148

Rezepte von A-Z

Kategorie	Name	Seite
R		
Dessert Bowls	Rawnola-Bowl	239
Pasta Bowls	Rigatonie-Pasta-Bowl	176
Pasta Bowls	Rote Linsen-Pasta-Bowl	170
S		
Frühstück Bowls	Schoko-Karamell-Bowl	52
Dessert Bowls	Schoko-Nuss-Bowl	260
Frühstück Bowls	Schoko-Protein-Bowl	68
Pasta Bowls	Schupfnudeln-Bowl	180
Salat Bowls	Sellerie-Feldsalat-Bowl	86
Buddha Bowls	Sesam Kürbis-Kokos-Bowl	208
Dinner Bowls	Spargel-Champi-Bowl	138
Buddha Bowls	Spargel-Edamame-Bowl	212
Dinner Bowls	Spargel-Gnocchi-Bowl	146
Buddha Bowls	Spargel-Hähnchen-Bowl	196
Dinner Bowls	Spargel-Kartoffel-Bowl	122
Pasta Bowls	Spinat-Pasta-Bowl	168
Frühstück Bowls	Stachelbeer-Pudding-Bowl	72
Dessert Bowls	Strawberry-Skyr-Bowl	250
Buddha Bowls	Süßkartoffel-Feta-Bowl	204
Buddha Bowls	Süßkartoffel-Kichererbsen-Bowl	112
Salat Bowls	Süßkartoffel-Rote Beete-Bowl	102
Salat Bowls	Süßkartoffel-Salat-Bowl	90
Salat Bowls	Süßkartoffel-Spinat-Bowl	198
T		
Dinner Bowls	Tomaten-Croutons-Bowl	156
V		
Frühstück Bowls	Vanillepudding-Oats-Bowl	30
Dinner Bowls	Veggie hack-Paprika-Bowl	124
Z		
Dinner Bowls	Zucchini-Gnocchi-Bowl	130