

INHALT

TIPPS UND EXTRAS

Umschlagklappe vorne:

Geräte in der Smoothie-Küche

- 4 Was bedeutet Detox?
- 6 Meine Lieblingszutaten
- 8 Mandeldrink & Variationen
- 64 Smoothie-Know-how

Umschlagklappe hinten:

3-Tage-Detox-Kur
Tipps & Tricks

10 SIMPLE SMOOTHIES

- 12 Himbeer-Sesam-Smoothie
- 14 Apfel-Heidelbeer-Smoothie
- 15 Spinat-Mango-Smoothie
- 16 Sweet-Basil-Smoothie
- 18 Heidelbeer-Spinat-Smoothie
- 18 After-Eight-Smoothie
- 19 Mandel-Smoothie
- 19 Brokkoli-Smoothie

20 ADVANCED SMOOTHIES

- 22 Gurken-Petersilien-Smoothie
- 23 Rote-Bete-Erdbeer-Smoothie
- 24 Spinat-Grapefruit-Smoothie
- 26 Kokos-Bananen-Smoothie
- 26 Grünkohl-Bananen-Smoothie
- 27 Erdbeer-Avocado-Smoothie
- 27 Süßkartoffel-Smoothie
- 28 Zucchini-Minz-Smoothie
- 30 Kakao-Möhren-Smoothie
- 31 Kamille-Mango-Smoothie

32 SUPERFOOD-SMOOTHIES

- 34 Weizengras-Ananas-Smoothie
- 35 Beeren-Acai-Smoothie
- 36 Himbeer-Hanf-Smoothie
- 38 Birnen-Erdnuss-Smoothie
- 39 Quinoa-Erdbeer-Smoothie
- 40 Goji-Apfel-Smoothie
- 40 Kurkuma-Möhren-Smoothie
- 41 Löwenzahn-Smoothie
- 41 Moringa-Zucchini-Smoothie
- 42 Good-Morning-Smoothie
- 44 Charcoal-Smoothie
- 45 Bananen-Chia-Smoothie
- 46 Baobab-Melonen-Smoothie
- 47 Süßlupinen-Smoothie

48 SPECIAL SMOOTHIES

- 50 Mango-Smoothie-Bowl
- 52 Avocado-Smoothie-Bowl
- 53 Himbeer-Smoothie-Bowl
- 54 Hot-Liquid-Salad
- 56 Indian-Spice-Smoothie
- 57 Hot-Cinnamon-Smoothie
- 58 Piña-Colada-Nice-Cream
- 59 Banana-Peanut-Nice-Cream

- 60 Register
- 62 Impressum