

Inhalt

Einleitung	6
-------------------	----------

Besondere Zutaten	8
--------------------------	----------

Hinweise für Allergiker	9
--------------------------------	----------

Pokéball - Poké-Bowls	11
------------------------------	-----------

Kanto-Region	15
---------------------	-----------

Glurak - Spaghetti Arrabiata	17
-------------------------------------	-----------

Pikachu - Zitronen-Tarteletts	19
--------------------------------------	-----------

Gengar - Joghurt-Bowl	23
------------------------------	-----------

Golking - Drachenfrucht-Agua-Fresca	25
--	-----------

Dragoran - Kürbis-Gnocchi	27
----------------------------------	-----------

Johto-Region	29
---------------------	-----------

Wiesenior - Luftige Pfannkuchen	31
--	-----------

Ampharos - Limonade	33
----------------------------	-----------

Pottrott - Beerensaft	33
------------------------------	-----------

Nachtara - Dunkle Schoko-Bagels	35
--	-----------

Quiemel - Trüffel	37
--------------------------	-----------

Miltank - Milchbrot	39
----------------------------	-----------

Hoenn-Region	43
---------------------	-----------

Moorabbel - Umeboshi Onigiri	45
-------------------------------------	-----------

Kapilz - Frühlingsrollen	47
---------------------------------	-----------

Schlukwech - Ube-Flan	49
------------------------------	-----------

Pandir - Himbeer-Marmorküchlein	51
--	-----------

Libelldra - Avocado-Toast	53
----------------------------------	-----------

Relicanth - Chocolate Malts	53
------------------------------------	-----------

Sinnoh-Region	55
----------------------	-----------

Wadribie - Honig-Plätzchen	57
-----------------------------------	-----------

Driftlon - Brombeer-Marshmallows	59
---	-----------

Mampfaxo - Vanille-Bao	61
-------------------------------	-----------

Rexblisar - Vichyssoise	65
--------------------------------	-----------

Snibunna - Stieleis	65
----------------------------	-----------

Frosdedje - Brombeereis	67
--------------------------------	-----------

Einall-Region	69
----------------------	-----------

Vegimak, Grillmak und Sodamak - Gerösteter Blumenkohl	71
---	-----------

Somnivora - Erdbeer-Taro-Slushi	73
--	-----------

Folikon - Tofu-Salat-Wraps	75
-----------------------------------	-----------

Flampion - Tomatensuppe	77
--------------------------------	-----------

Castellith - Keks-Pudding-Schichtdessert	79
---	-----------

Flunschlik - Fladenbrot	81
--------------------------------	-----------

Kalos-Region	85
---------------------	-----------

Pyroleo - Bruschetta	87
-----------------------------	-----------

Chevrumm - Frühstücks-Burritos	89
---------------------------------------	-----------

Pam-Pam - Reis mit Pfannengemüse	91
---	-----------

Feelinara - Erdbeer-Mürbeküchlein	93
--	-----------

Dedenne - Ramen	95
------------------------	-----------

Viscargot - Violette Blumenkohl-Suppe	97
--	-----------

Alola-Region 99

Fuego -

Auberginen-Parmigiana-Sandwiches . . 101

Pampuli - Babka 103

Kosturso -

Himbeer-Schokoladen-Cupcakes . . . 105

Fruyal - Rote-Bete-Salat. 107

Knirfish - Slushi 109

Alola-Kokowei - Hoher tropischer Slushi . 111

Galar-Region 113

Cottomi - Spinat-Champignon-Burger . 115

Riffex - Blau-gelber Smoothie 117

Infernopod - Scharfes tropisches Curry . 119

Klopptopus - Vanille-Punch 121

Morpeko - Crêpes 123

Kupfanti - Thai-Bubble-Tea-Float. . . . 125

Rezepte nach Ernährungsart . . .126

Die Autorin. 127