

INHALT

BUDDHA BOWLS – EINFACH UND RICHTIG GUT

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EASY BUDDHA BOWLS – UNKOMPLIZIERT, SIMPEL UND VARIABEL

WAKE UP, NO HURRY BOWLS

Happy-Coco-Bowl	19
Very-Berry-Açaí-Bowl	21
Green-Goddess-Smoothie-Bowl	23
Black-Forrest-Chocolate-Bowl	25

Orangen-Couscous-Bowl	29
Lila-Wunder-Bowl	31
Maharani-Reis-Bowl	33
Herzhafte Porridge-Bowl	35
Blitz-Congee-Bowl	37

No-Bacon-No-Egg-Bowl	41
Breakfast-Burrito-Bowl	43

HOT BOWLS – VEGAN & VEGGIE

Knusper-Kichererbsen-Bowl	47
Ernte-Dank-Bowl	49
Kahvalti-Bowl	51
Star-of-Cyprus-Bowl	53
Seoul-Soulfood-Bowl	55

Frühlingsgrün-Bowl	57
Early-Summer-Bowl	59
Easy-Herbst-Bowl	61
Cosy-Winter-Bowl	63
Easy-Halloumi-Bowl	65

Wald-und-Wiesen-Bowl	69
BBQ-Tempeh-Bowl	71
Saté-Style-Tofu-Bowl	73
Tandoori-Gobi-Bowl	75
Mittelmeer-Bohnen-Bowl	77
Seelentröster-Bowl	79

Healthy-Gold-Bowl	83
Marrakesch-Bowl	85

HOT BOWLS – FISCH & FLEISCH

BLT-Quinoa-Bowl	89
Teriyaki-Lachs-Bowl	91
Sweet-and-Sour-Chicken-Bowl	93
Burrito-Chicken-Bowl	95

Fat-Greek-Wedding-Bowl	99
Hot-Pepper-Steak-Bowl	101
Thai-Chicken-Bowl	103
Happy-Shrimp-Bowl	105
Ranchero-Steak-Bowl	107

Happy-S(e)oul-Bowl	111
Tokio-Tuna-Bowl	113

COOLE BOWLS

Nordic-Sea-Bowl	117
Rainbow-Poké-Bowl	121
Hot-Mango-Tuna-Bowl	123
Spicy-Tuna-Poké-Bowl	125

Mischpoké-Bowl	129
Yes-We-Can-Tuna-Poké-Bowl	131
Beetroot-Beats-Tuna-Poké-Bowl	133
Melon-Fake-Tuna-Bowl	135
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