

INHALT

Veggie Buddha Bowls	9
Veggie Bowls – Fleischlos glücklich	10
Eiweiß & Fette	12
Kohlenhydrate, Vitamine & Mineralstoffe	13
Easy Veggie Bowls	15

FRÜHSTÜCKS-BOWLS	17
Tropical-Sunrise-Bowl	18
Pink-Bircher-Bowl	20
Pumpkin-Pie-Porridge-Bowl	22
Very-Berry-Açaí-Bowl	24
Samt-Seiden-Smoothie-Bowl	26
Weißer Quinoa – Hirse – Reis	28
Bulgur	28
Couscous	29
Naturreis (Vollkorn-Reis)	29
Ali Babas Couscous-Bowl	30
Breakfast-Salad-Bowl	32
Cilbir-Bowl	34
Sumo-Porridge	36
Veggie-Congee-Bowl	38

COOLE BOWLS	41
Coco-Loco-Bowl	42
Tabbouleh-Style-Bowl	44
Super-Soba-Bowl	46
Greek-Islands-Bowl	48
Gado-Gado-Style-Bowl	50
Beetroot-Beats-Tuna-Poke-Bowl	52
Sushi-Reis	54
Blitz-Kimchi	55
La-Mancha-Bowl	56
Pin-Pin-Bowl	58
Viva-Vegan-Mexiko-Bowl	60
Kanton-Bowl	62
Bitter-Sweet-Bowl	64
Delhi-Deli-Bowl	66
Omelette-Asia-Bowl	68

VEGGIE BOWLS	71	Rosa-Radieschen-Pickles	88
Frühlings-Bowl	72	Geröstete Paprika in Öl	88
Elote-Style-Bowl	74	Scharfe Zwiebel-Pickles	89
No-Waste-Radi-Bowl	76	Falafel	90
Sommer-Bowl	78	Smokey Linsentaler	91
Toskana-Herbst-Bowl	80	Happy-Korean-Bowl	92
Late-Summer-Bowl	82	Lila-Laune-Bowl	94
Mittelmeer-Bohnen-Bowl	84	Jaffa-Bowl	96
Hot-Oven-Bowl	86	Veggie-Gyros-Bowl	98
		Hattu-Möhrchen-Bowl	100
		Double-Bean-Bowl	102
		Winter-Masala-Bowl	104
		Golden Egg Bowl	106

VEGAN BOWLS	109
Veggie-Gärtner-Bowl	110
Speed-Date-Bowl	112
Tempeh-Fajita-Bowl	114
Golden Greens Bowl	116
Bali-Bowl	118
Green-Falafel-Bowl	120
New-Mexico-Bowl	122
Zen-Bowl	124
Good-Karma-Bowl	126
Cosy-Tempeh-Bowl	128
Teriyaki-Tofu-Bowl	130
Green-Lemon-Bowl	132
Coconut-Curry-Bowl	134
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