



# Frühstücksbrei & Porridge: Glück zum Löffeln (German Edition)

*Carina Seppelt*

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Müsli war gestern - jetzt gibt es Frühstücksbrei und Porridge. Sie sind leicht verdaulich, machen lange satt, ohne den Körper dabei zu belasten, und liefern ausreichend Energie und Vitamine für den gesündesten Start in den Tag, den man sich nur vorstellen kann.

Frühstücksbrei und Porridge sind unglaublich flexibel - je nach Wunsch können die Rezepte kalt oder warm, mit Milch, Hafer-, Reis- oder Sojamilch sowie mit Wasser zubereitet werden. Superfoods wie Chia oder Matcha sorgen für ein Plus an Vitaminen und Nährstoffen. Und das Beste: Es schmeckt einfach unglaublich köstlich! Genießen Sie Rezepte wie Blaubeer- Hafer-Porridge, Quinoa-Kokos-Brei oder Buchweizengrütze mit Mohn und Birne und viele andere.

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