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web bekomme leckere porridge und overnight oat rezepte um gesund in den tag zu starten fruchtig vollwertig und leicht vorzubereiten

die besten porridge rezepte ichkoche at - Dec 06 2022

web starten sie mit einem gesunden power frühstück in den tag der haferbrei porridge kommt aus schottland und wird traditionell mit haferflocken und wasser zubereitet es gibt aber zahlreiche abwandlungen etwa mit milch mandelmilch hafermilch co sowie mit anderen getreidesorten wie dinkel hirse oder amaranth