



Happy vegetarisch

By Tanja Tronniker

Herbig Verlag Sep 2006, 2006. Buch. Condition: Neu. Neuware - Das Basis-Handbuch für Einsteiger und Kenner zeigt, wie man den Alltag als Vegetarier ganz einfach gestaltet. Mit Grundrezepten und vielen praktischen Tipps. Was kann man essen außer Gemüse Wie kann man Mangelerscheinungen vorbeugen Und was ist, wenn man eingeladen wird Immer mehr Menschen entscheiden sich für eine Ernährung ohne Fleisch oder Fisch. Dieses Buch beantwortet fundiert und mit viel Humor alle Fragen, die sich nicht nur Neu-Vegetarier stellen. Mit vielen Infos über unbekanntere Nahrungsmittel wie Seitan oder Tofu, ausgewählten Rezepten und Nährstofftabellen. Zitate und pfiffige Argumentationshilfen machen deutlich, dass vegetarisch leben vor allem eins bedeutet: Spaß zu haben! 160 pp. Deutsch.

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