



Vegane Superfoods (German Edition)

Surdham Göb

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Vegane Küche - einfach, lecker und voller Power. Surdham Göb, Pionier der veganen Küche und erfahrener Kochprofi, präsentiert in diesem Buch eine Fülle neuer Rezepte: von originellen Frühstücksideen, kraftspendenden Drinks und Superfood-Snacks über wunderbar abwechslungsreiche Hauptspeisen bis zu raffinierten rohen Kuchen und Pralinés. Alle Rezepte sind einfach zu Hause nachzukochen. Die verwendeten Superfoods, Zutaten, die besonders reich an wertvollen Nährstoffen sind, sind problemlos auch bei uns erhältlich.

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