



# glutenfrei und vegetarisch: Band 1, Kochen und Backen (German Edition)

*Birgit Wäschenbach, Renate Kerner*

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Glutenfreier Genuss mit gutem Gewissen

Lassen Sie sich zu glutenfreiem Genuss verführen! Das E-Book „Glutenfrei & vegetarisch: Kochen und Backen Band 1“ bietet rund 90 bewährte Rezepte für den glutenfreien Alltag. Außerdem sind alle Gerichte vegetarisch, vollwertig und gesund. Sie werden sehen: Vegetarische und glutenfreie Ernährung bedeutet nicht Verzicht, sondern bietet jede Menge Abwechslung. Mit den richtigen Informationen und Rezepten gelingt der Umstieg schnell und leicht!

Eine Kostprobe aus den vielfältigen Back- und Kochrezepten:

- Schnelle Brote & Brötchen: Amarantbrot, Fladenbrot, Kartoffelbrot Siegerländer Art, Partybrötchen, Stangenbrot, süße Sonntagsbrötchen, Vierkornbrot u. v. m.
- Burger und überbackene Brötchen: Burger mit Reisbratling und Chilisoße, überbackene Brötchen mit Champignons u. v. m.
- Frühstücksvariationen: Eierpfannkuchen mit Cranberrys, Frühstücksbrei, Pancakes, Powerdrink u. v. m.
- Herzhafte Pfannen- und Ofengerichte: Buchweizenbratlinge, gebackener Fetakäse mit Kräuterpanade, Hirsebratlinge mit Möhrengemüse, Panierter Camembert mit Pflücksalat u. v. m.
- Süße Aufstriche: Ananas-Kokos-Aufstrich, Blutorangen-Zimt-Aufstrich, Erdbeermus u. v. m.
- Herzhafte Aufstriche: Kichererbsenaufstrich, Petersilienpesto, Rote-Linsen-Aufstrich, Tahin u. v. m.
- Chutneys, Dips und Soßen: Ananas-Mango-Chutney, Balsamicocreme, Kürbis-Chutney, Mayonnaise, Tomatenketchup u. v. m.
- Blatt- & Gemüsesalate: Brokkolisalat, Feldsalat mit Kartoffeldressing, Pflücksalat mit Mangodressing u. v. m.

Glutenfreies Brot selbst zu backen ist ganz einfach! Sie finden in diesem Buch Rezepte für Brote und Brötchen, die jedem gelingen – ob Anfänger oder Profi. Vergessen Sie gekauftes Brot und Fertigmehlmischungen. Probieren Sie, wie lecker selbst gebackenes glutenfreies Brot ist!

Sie wollen für Ihre Familie glutenfrei kochen und backen? Kein Problem: Die Rezepte sind so köstlich und abwechslungsreich, dass für jeden Geschmack etwas dabei ist.

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