



Vegan to Go: Schnell, einfach, lecker (German Edition)

Attila Hildmann

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Schnell gemacht und sensationell lecker

Vegan nach Attila Hildmann ist und bleibt der Megatrend in der gesunden Ernährung und im Diätmarkt. Seit Erscheinen seiner Kochbücher führt Attila Hildmann nahezu unangefochten die Kochbuch-Bestsellerlisten an. Jetzt bringt der sympathische Veganstar sein viertes Kochbuch heraus. Auf unüberhörbaren Wunsch seiner inzwischen millionenstarken Fangemeinde hat er einfache, schnelle Gerichte entwickelt, die sich vor allem auch fürs Büro und für unterwegs eignen. Vegan to Go bietet über 100 neue leckere Rezepte, die diesmal besonders einfach, schnell und sogar günstig herzustellen sind. Das ist veganes Fast Food für jeden im besten Sinne, mit positiver Wirkung für die Gesundheit. Damit macht er die vegane Küche, die durch ihn nicht nur Kultcharakter bekommen hat, sondern längst auch bei Ärzten und generell im Gesundheitswesen angekommen ist, noch attraktiver und einfacher umsetzbar. Gleichzeitig ist das neue Buch der ideale Einstieg zum Testen ohne große Vorkenntnisse und Anschaffungen. Dank kleiner Tipps und Kniffe lassen sich die Rezepte auch wunderbar mit den Diät- und Triätplänen der ersten drei Bücher kombinieren, was die inzwischen 800.000 Käufer dieser Titel sicher sehr freuen wird.

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Spent a free time and energy to be fun activity to try and do! A lot of people spent their leisure time with their family, or their very own friends. Usually they carrying out activity like watching television, likely to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your free time/ holiday? Could possibly be reading a book could be option to fill your free time/ holiday. The first thing that you ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the guide untitled Vegan to Go: Schnell, einfach, lecker (German Edition) can be very good book to read. May be it could be best activity to you.

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