



Superfoods: Das Kochbuch (Iss Dich gesund!) (German Edition)

Kathrin Sebastian

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Die Alleskönner unter den Lebensmitteln!

Wer sich ausgewogen ernähren will, kommt an Superfoods nicht vorbei, denn Superfoods zeichnen sich durch eine besonders hohe Nährstoffdichte aus, vor allem Vitamine, Mineralstoffe, sekundäre Pflanzenstoffe, Antioxidantien, gesunde Fette und Proteine. Damit schützen sie Ihre Zellen und Organe und liefern Ihrem Körper mehr Energie und Vitalität. In diesem eBook stellen wir Ihnen 27 ausgewählte Superfoods in übersichtlichen Foodportraits vor, die Ihnen die wichtigsten Auswirkungen auf Ihre Gesundheit auf einen Blick zeigen. In 59 köstlichen Rezepten sind die verschiedenen Superfoods optimal kombiniert. Verzichten Sie in Zukunft auf Nahrungsergänzungsmittel und ergänzen Sie stattdessen Ihren Speiseplan mit Avocado, Goji-Beeren, Mandeln, Quinoa, Grünkohl und Co. Eine informative Einleitung bietet zusammen mit den 27 übersichtlichen Foodporträts praktische Hilfe bei der Ernährungsumstellung und zeigt die wichtigsten Gesundheitseffekte auf einen Blick. So essen Sie sich im Nu gesund!

- Informative Einleitung zum Thema Superfoods
- 27 übersichtliche Foodporträts mit den wichtigsten Gesundheitseffekten auf einen Blick
- Rund 60 einfache, kombinierte Rezepte für den optimalen Einstieg in die gesunde Ernährung mit Superfoods

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