



Low Fat: Gesund kochen bei vollem Genuss (Gesunde Küche) (German Edition)

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Über 110 raffinierte Rezepte für unbeschwerten Genuss

Sie möchten ohne Reue schlemmen, das Wunschgewicht erreichen und auch langfristig halten? Mit unseren fettarmen Rezepten ist das gar kein Problem, denn Hähnchenroulade, gebackener Fisch mit Tomaten und cremiges Beerenorbet beweisen, dass sich auch ohne viel Fett kulinarische Köstlichkeiten zaubern lassen. Über 110 fettarme Gerichte vom Frühstück über Snacks und Hauptgerichte bis hin zu Süßspeisen bieten unbeschwerten Genuss Tag für Tag. Die ausführliche Einleitung enthält Wissenswertes rund um Fett und Kalorien in unser Ernährung, deckt Fettfallen auf und bietet effiziente Fettspar-Tricks für zu Hause und unterwegs.



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Virgie Tauber:

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