



Vegan Mía Mía: Leckere und gesunde Rezepte aus der veganen Küche (German Edition)

Emilia Sachse

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Vegane und gesunde Rezepte, die einfach und schnell zuzubereiten sind und zudem noch gut schmecken finden sich in diesem Buch. Von frischen Tees über Smoothies bis hin zum Risotto sind einige Köstlichkeiten dabei. Zudem werden einige viel diskutierte Themen der gesunden Ernährung genauer erläutert, sodass sich der Leser ein eigenes Bild machen und zukünftig in der Küche kreativer sein kann.

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