



Vegane Snacks: 50 vegane Rezepte zum Mitnehmen (Soul Food) (German Edition)

Naumann & Göbel Verlag

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Vegan und lecker!

Snacks und Fast Food müssen nicht ungesund sein. Mit unseren veganen Rezepten ernähren Sie sich auch unterwegs gesund, komplett fleischlos und ohne tierische Produkte. Kochen Sie leckere Kichererbsen-Frikadellen, saftige Seitan-Burger oder schmieren Sie sich ein Brot mit veganer Leberwurst. Mit unserem Kochbuch bereiten Sie immer das passende Gericht für Zwischendurch zu, ob für unterwegs, im Auto oder im Zug oder einfach gemütlich auf der Couch zu Hause. Und das nicht nur vegetarisch, sondern komplett vegan!

Guten Appetit!



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