



# Start vegan!: Die Kochschule (German Edition)

*Rose Marie Donhauser*

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Fit, gesund und voller Energie: Eine gesunde und ausgewogene Ernährung verdrängt Müdigkeit, Kraftlosigkeit und schlechte Laune. Der Körper dankt es, wenn er viele Nährstoffe durch Obst, Gemüse, Nüsse und veganen Käse bekommt. Start Vegan! hilft beim Einstieg in ein bewusstes Leben. Die Autorin Rose Marie Donhauser zeigt in ihrem Kochbuch von Grund auf, wie man sich mit rein pflanzlichen Produkten vollwertig ernährt, ganz ohne Verzicht.

Start-Vegan! ist eine vegane Kochschule, die mit 120 Genuss-Rezepten für jeden Tag inspiriert. Wie wäre es am Morgen mit einem Ananas-Kokos-Smoothie, mittags gibt es knackig gebackene Bulgurbällchen und abends vor dem Fernseher lässt sich eine Schokomousse mit Orangenfilets besonders gut schmecken. Auch Freunde freuen sich über eine Einladung zu einem besonderen veganen Menü. Neben den gesunden Vorschlägen zum Nachkochen gibt Start Vegan! viele grundlegende Tipps für eine ausgewogene, bewusste Ernährung, damit es dem Körper an nichts fehlt. Walnussöl liefert zum Beispiel die wichtigen Omega-3-Fettsäuren und Calcium steckt unter anderem in getrockneten Früchten und Tofu.

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