



Himmlisch Backen mit Stevia und Co (German Edition)

Kirsten Metternich

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Stevia & Erythritol - zwei Zuckeralternativen

erobern Ihre Backstube!

Ernährungsexpertin Kirsten Metternich hat für Sie 50 feine Rezepte entwickelt: Plätzchen und Cookies für Zwischendurch, herrliche Kuchen fürs Kaffeekränzchen, raffinierte Obstkreationen und cremige Torte für Festtage.

Alle Rezepte werden mit den Zucker-Alternativen Stevia und Erythritol gebacken und enthalten deshalb viel weniger Kalorien als herkömmliches Gebäck. Sie sparen so Zucker-Kalorien, ohne dass der Geschmack leidet.

Zu jedem Rezept bekommen Sie detaillierte Nährwertangaben.

Außerdem lesen Sie, welche Backeigenschaften Stevia und Erythritol haben, für welche Teige die beiden Zuckeralternativen geeignet sind und wie Sie sie am besten dosieren - so können Sie künftig auch Ihren Lieblingskuchen in einer himmlisch leichten Variante backen.

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