



Vegan kochen für alle (German Edition)

Björn Moschinski

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Vegane Gerichte - köstlich und abwechslungsreich

Noch nie war vegan genießen so einfach und überzeugend! Bedingt durch Lebensmittelskandale, die ökologischen Auswirkungen der Fleischproduktion sowie ein verbessertes Gesundheitsbewusstsein findet die Ernährungsweise ganz ohne Fleisch, Fisch und tierische Produkte immer mehr Anhänger und neugierige "Einsteiger". Der bekannteste vegane Koch der Szene, Björn Moschinski, beweist, dass der Verzicht auf vermeintlich Unverzichtbares ganz im Gegenteil neue Geschmackserlebnisse und Genuss bedeutet. Seine Rezepte machen neugierig und sollten unbedingt probiert werden.

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