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Lowcarb Torten Glutenfrei Sojafrei Traumhaft Ebook

JL Elias



Lowcarb Torten Glutenfrei Sojafrei Traumhaft Ebook:

LowCarb Torten & Co Daniela Pfeifer, 2016-03-18 Die kohlenhydratarme Ernährung wird oftmals mit dem Verzicht auf Mehlspeisen Kuchen und Torten in Verbindung gebracht Mit diesem Buch zeigt die diplomierte Diätologin Daniela Pfeifer auf dass man mit der LowCarb Ernährung keinesfalls auf zum Teil typisch österreichische Köstlichkeiten verzichten muss Daniela Pfeifer beschäftigt sich schon seit vielen Jahren mit der kohlenhydratreduzierten sowie der ketogenen Ernährung Ihre persönliche Spezialisierung liegt bei Stoffwechselerkrankungen Autoimmun und Krebserkrankungen In diesem Buch werden auf über 90 Seiten köstliche Torten Kuchen und Schnitten vorgestellt zum Teil von österreichischen Spezialitäten Sachertorte Rehrücken Cremeschnitte abgeleitet Eventuell benötigte Spezialzutaten werden einleitend genau erklärt sowie Bezugsmöglichkeiten erwähnt Da alle Rezepte gluten und sojafrei sind sind sie nicht nur für Diabetiker und Übergewichtige sondern auch für Zöliakie und Glutenintoleranz Patienten ideal geeignet

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