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regional genießen –
80 Rezepte für
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Kochen Saisonal Regional Vegane Rezepte Ebook

Anna Jones



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VEGAN KOCHEN SAISONAL and REGIONAL Vegane Rezepte Für Jeden Monat Nicola Schmid, 2015-07-22 Sie interessieren sich für vegane Ernährung Sie bevorzugen Lebensmittel aus der Region Die Zutaten sollen außerdem gerade Saison haben Die Vorteile einer veganen Ernährung auf die Umwelt wird durch die Auswahl an regionalen saisonalen Produkten zusätzlich verstärkt deshalb erwarten Sie in diesem handlichen Buchlein 24 Rezepte ohne Fotos die Sie jeden Monat mit jeweils zwei heimischen und saisonalen veganen Rezepten versorgen Was Sie erwartet 24 vegane Rezepte mit Schritt für Schritt Anleitung jeweils ein veganes Hauptgericht und ein Dessert pro Monat Rezept Kreationen die speziell nach der heimischen Verfügbarkeit des entsprechenden Monats ausgewählt wurden Eine Liste Nicht Veganer Zusatzstoffe Inhaltsverzeichnis Vegane Rezepte für den Monat Januar Wirsing Roulade mit Portulak und Kartoffelpüree Apfel Karamell Trifle Vegane Rezepte für den Monat Februar Rosenkohl Strudel mit Tofu Vegane Faschings Krapfen Vegane Rezepte für den Monat März Topinambur Lauch Quiche Apfel Mousse Vegane Rezepte für den Monat April Tofu Schnitzel mit Spinat Kartoffel Röstis Schaum Dessert auf Rhabarbermus Vegane Rezepte für den Monat Mai Mangold Kroketten mit Wildkräuter Creme Vegane Profiteroles mit Erdbeeren Vegane Rezepte für den Monat Juni Vegane Frikadellen auf Spargelragout Johannisbeer Muffins Vegane Rezepte für den Monat Juli Bunte Frittata mit Sommergemüse Fruchtige Ice Cupcakes Vegane Rezepte für den Monat August Gegrillte Auberginen Röllchen mit Aprikosen Feldsalat Eisgekühltes Sommer Sorbet Vegane Rezepte für den Monat September Tagliatelle mit karamelisiertem Kürbis und Pfifferlingen Weintrauben Clafoutis Vegane Rezepte für den Monat Oktober Ratatouille mit Tomatensugo Holunderartete mit Haselnusskrokant Vegane Rezepte für den Monat November Gefüllte Pizzataschen mit Roter Beete und Spinat Quitten Schiffchen mit Walnussfüllung Vegane Rezepte für den Monat Dezember Wirsing Lasagne sojafrei Nussmakronen [Austrian Vegan Home Cooking](#) Daniela Friedl, 2015-02-16 Traditional home cooking and vegan cuisine a winning combination bringing both memories and the promise of homemade culinary delights Daniela Friedl lovingly illustrates her favorite childhood dishes giving us a full picture by bringing their historical background to life Discover the classics of new Austrian cooking vegan and free from animal cruelty *Vegan, regional, seasonal* Lisa Pfleger, 2014 **The Modern Cook's Year** Anna Jones, 2019-11-11 *Ganz entspannt vegan - Das Jahreszeitenkochbuch* Carina Wohlleben, 2024-12-11 Saisonal und regional vegan Kochen so geht's Wer sich vegan ernährt achtet häufig auf einen gesunden und nachhaltigen Lebensstil dazu gehört auch saisonal und regional zu kochen Carina Wohlleben zeigt wie das mit leckeren Rezepten für jede Jahreszeit gelingt Dieses Kochbuch versammelt für jede Saison die passenden Hauptgerichte Salate Suppen Desserts und Snacks Die Rezepte kommen mit einfachen Zutaten aus und mit den leicht verständlichen Schritt für Schritt Anleitungen gelingen sie garantiert Mit hilfreichen Infos zur Jahreszeitenküche und übersichtlichem Obst und Gemüse Saisonkalender Die perfekte Ergänzung zu *Ganz entspannt vegan* Das Kochbuch *Simply and Vegan* Christina Hartmann, 2020-01-08 30 Vegane Rezepte für jede Gelegenheit

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