



Vegan to Go: Schnell, einfach, lecker (German Edition)

Attila Hildmann

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Schnell gemacht und sensationell lecker

Vegan nach Attila Hildmann ist und bleibt der Megatrend in der gesunden Ernährung und im Diätmarkt. Seit Erscheinen seiner Kochbücher führt Attila Hildmann nahezu unangefochten die Kochbuch-Bestsellerlisten an. Jetzt bringt der sympathische Veganstar sein viertes Kochbuch heraus. Auf unüberhörbaren Wunsch seiner inzwischen millionenstarken Fangemeinde hat er einfache, schnelle Gerichte entwickelt, die sich vor allem auch fürs Büro und für unterwegs eignen. Vegan to Go bietet über 100 neue leckere Rezepte, die diesmal besonders einfach, schnell und sogar günstig herzustellen sind. Das ist veganes Fast Food für jeden im besten Sinne, mit positiver Wirkung für die Gesundheit. Damit macht er die vegane Küche, die durch ihn nicht nur Kultcharakter bekommen hat, sondern längst auch bei Ärzten und generell im Gesundheitswesen angekommen ist, noch attraktiver und einfacher umsetzbar. Gleichzeitig ist das neue Buch der ideale Einstieg zum Testen ohne große Vorkenntnisse und Anschaffungen. Dank kleiner Tipps und Kniffe lassen sich die Rezepte auch wunderbar mit den Diät- und Triätplänen der ersten drei Bücher kombinieren, was die inzwischen 800.000 Käufer dieser Titel sicher sehr freuen wird.

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