



Cholesterinbewusst: Gesund kochen bei vollem Genuss (Gesunde Küche) (German Edition)

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Über 120 abwechslungsreiche Rezepte für jeden Tag

Um den Cholesterinspiegel erfolgreich zu senken, spielt die richtige Ernährung eine wichtige Rolle. Mit Spaghettisalat, Hähnchen mit gebratenem Gemüse und Himbeer-Muffins fällt die Umstellung auf eine cholesterinbewusste Ernährung leicht.

Ob Frühstück, Gerichte fürs Büro, Snacks und kleine Rezeptideen, Hauptgerichte oder Desserts und Kuchen - in diesem eBook sind über 120 cholesterinarme Rezepte für jeden Geschmack und für jede Gelegenheit enthalten. Die ausführliche Einleitung liefert Wissenswertes rund um eine ausgewogene und cholesterinarme Ernährung sowie viele Tipps zum Fett- und Cholesterinsparen.

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