



Low-Carb in 15 Minuten: 40 "leichte" Schnellrezepte zum Genießen (German Edition)

Wolfgang Link

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Schluss mit Fertigsuppe und Tiefkühlmampf!

Köstliche Low-Carb-Gerichte in weniger als 15 Minuten.

In seinem neuen kompakten Ratgeber zeigt der Ernährungsexperte und Küchenmeister Wolfgang Link, wie Sie leckere Low-Carb-Gerichte in einem knappen Viertelstündchen genussfertig auf den Tisch zaubern. Kreative und abwechslungsreiche Rezepte für ernährungsbewusste LOGI-Fans, die auch bei knappem Zeitkonto nicht in die Kohlenhydratfalle tappen wollen. Schnelle, gesunde Küche statt Fast Food und Fertiggerichten. Ein echter LOGI-Zeitspar-Guide!

- 40 Rezepte für die kreative, schnelle LOGI-Küche.
- Zeit- und Geldspar-Tricks von Küchenchef und LOGI-Berater Wolfgang Link.
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