



Vegan und Glutenfrei: Einfach Kochen und Backen! Vegan - Sojafrei - Glutenfrei (German Edition)

Beatrice Schmidt

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Die vegane Küche bietet unglaublich viel Abwechslung und eine Vielzahl von geschmacklichen Erlebnissen. Doch gilt dies auch für die glutenfreie und vegane Küche?

Ja. Vegan und glutenfrei kochen bedeutet Genuss und Freude, sowohl am Kochen/Backen als auch am Essen.

Ein besonderes Plus an diesem Koch-Buch ist, dass die leidenschaftliche Köchin und Ernährungsexpertin Beatrice Schmidt, sich dazu entschieden hat, die Katzenhilfe Bleckede e.V. mit 50 Cent pro verkauften Buch zu unterstützen. Das Geld geht direkt und ohne bürokratische Umwege auf das Konto des Tierschutzvereines und kann somit aktiv für den Schutz dieser zum Teil wirklich hilflosen und armen Kreaturen eingesetzt werden.

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