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Phänomenale Low-Carb-Rezepte für den Thermomix (German Edition)

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Der Thermomix macht gesundes Kochen zum schnellen Vergnügen. Vorbei sind die Zeiten, als wir viel zu viel Zeit am Herd verbrachten, anstatt uns um die wichtigen Dinge in unserem Leben zu kümmern. Oder als wir unsere Ernährung aus Zeitmangel vernachlässigten. Auch für Low-Carb-Enthusiasten bietet der Thermomix zahllose Möglichkeiten. Wir präsentieren eine sorgfältige Auswahl an Vorspeisen, Suppen, Hauptgerichten, Desserts und Gebäck für Menschen, die auf wenig Kohlenhydrate in ihrem Essen Wert legen. Manche Gerichte sind schnell und einfach, andere aufwändiger – aber die Arbeit erledigt ja der Thermomix. Lecker und bewährt sind sie jedenfalls alle. Low Carb erfordert jetzt keine besondere Mühe mehr, im Gegenteil: es ist ganz einfach geworden. Lassen Sie sich durch unsere Rezepte inspirieren!

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