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Vegane Snacks: 50 Sandwiches, Suppen, Salate & Co. unter 250 Kalorien (German Edition)

Aléna Ènn

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***** Top 10 Bestseller in "Vegetarische & vegane Küche" *****
***** Top 20 Bestseller in "Diäten" *****

Über das Buch:

50 vegane Snackideen
Der kleine Hunger meldet sich zu Hause, im Büro oder unterwegs. Greifen Sie dann zu leckeren, veganen Snacks. Schnell zubereitet und einfach lecker. Aber mit weniger als 250 Kalorien! Vom knusprigen Sandwich über selbstgemachte Knabbereien, leckere Suppen bis zu schnellen warmen Gerichten bietet dieses Buch Ideen für die kleine Mahlzeit zwischendurch.

Satt essen für Kalorienbewusste
Sie ernähren sich kalorienbewusst? Dann greifen Sie bei diesen Snacks zu! Als Zwischenmahlzeit bringen die kleinen Gerichte Abwechslung in Ihren Speiseplan. Und wenn Sie gezielt abnehmen wollen, ersetzen Sie einfach Ihre Hauptmahlzeit durch einen dieser leichten Snacks.

Auszug aus dem Inhalt:

Sandwiches & Co.
Vollkorn-Buscetta
Gratinierter Toast mit Paprika und Käse
Tomaten-Sprossen-Sandwich im Glas
Pizzabrötchen
Frischkäsetasche
Maiswaffeln mit Artischocken
Toast mit Sellerie-Apfel-Aufstrich
Mandel-Möhren-Brötchen
Vollkorntoast mit Walnuss-Apfel-Creme

Zum Dippen & Knabbern
Zucchini-Chips
Süßes Popcorn
Kräuterfrischkäse mit Grissinis
Gurke mit Paprika-Chili-Dip

Geröstete Kürbiskerne mit Curry
Gebrannte Mandeln

Salate
Rucolasalat mit rotem Couscous
Romana-Mango-Duett
Taboulé
Bunter Salat
Spinatsalat mit Bulgur
Feldsalat mit Papaya

Suppen & Eintöpfe
Cocos-Curry-Suppe mit Reis
Glasnudel-Suppe
Roter Linseneintopf
Indische Tomatencreme-Suppe
Bärlauch Terrine mit Croutons
Orangen-Süppchen mit Reis
Broccoli-Nudeltopf

Gemüse, Kartoffeln & Co.
Gemüsecurry
Nudelgratin mit Zucchini und Paprika
Kartoffel mit Paprika-Creme
Gemüsepfanne mit Reis
Cremiger Zucchiniauflauf
Blumenkohl-Püree mit Kräutercroutons
Ofen-Gnocchi
Mexiko-Pfännchen mit Nachos
u.v.m

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From reader reviews:

Lowell Oliver:

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