



Superkörner: Wie wir wirksam die Weizenwampe vermeiden (German Edition)

Mathias R. Schmidt, Tanja-Gabriele Schmidt

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Getreide spielt in unserer Ernährung eine tragende Rolle. Doch besonders der alltägliche Weizen gerät zunehmend in Kritik. Neue Forschungsergebnisse weisen darauf hin, dass uns dieses überzüchtete Getreide mit seinem hohen Glutengehalt mehr belastet als nützt. Doch es gibt eine ganze Reihe anderer Getreidearten: Einkorn und Emmer, Hirse und Hafer sowie die sogenannten Pseudogetreide, allen voran Buchweizen und Quinoa. Vollgepackt mit gesunden Inhaltsstoffen, geben sie unserem Körper Energie und bringen Leichtigkeit und Licht in unseren Alltag. In diesem Buch stellen die Autoren bewährtes Urgetreide und wohlschmeckende Körnerfrüchte in vielen Facetten vor, und zeigen mit Tipps und zahlreichen Rezepten, wie man auch und gerade die weniger bekannten Getreidearten in die alltägliche Ernährung leicht und gesund integrieren kann.

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