



Jeden Tag vegan genießen: Biologisch. Saisonal. Kreativ (German Edition)

Maggi Kokta

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Mäggi Kokta

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Mit wenigen Zutaten und etwas Mut zur eigenen Kreativität gelingen vegane Köstlichkeiten ganz einfach. Mäggi Kokta liebt es, unkomplizierte und schnelle Gerichte zu zaubern, die sich zu Hause leicht umsetzen lassen. Die überzeugte Veganerin setzt auf regionale Vielfalt und bringt mit ihren Kreationen vollen Geschmack und viel Abwechslung in die pflanzliche Küche. Vom scharfen Linsenaufstrich über würziges Kräuter-Fladenbrot, pikante Hirselaibchen und erfrischenden Orangensalat mit selbstgemachten Crunchies bis zur unvergesslichen Apfel-Krümel-Torte - Mäggis erprobte Rezeptideen sind ein Muss für alle, denen gesunder Genuss und eine nachhaltige, tierleidfreie Lebensweise wichtig sind!

- einfache und alltagstaugliche Rezeptideen vom Frühstück bis zum Betthupferl
- von der Gründerin des ersten bio-vegane Lebensmittelversandes in Österreich
- wertvolle Einkaufstipps für die vegane Vorratskammer
- alles Wissenswerte für den Einstieg ins vegane Kochen
- zauberhafte Fotos und zahlreiche persönliche Praxistipps

"Veganerinnen und Veganer verzichten auf nichts - sie sind nur kreativer.“

Mäggi Kokta

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