



# **Meine liebsten Wildpflanzen - rohköstlich: sicher erkennen, vegan genießen (German Edition)**

*Christine Volm*

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Wildpflanzen finden, kennenlernen und rohköstlich genießen

- Unschlagbar gesunde Kombination: wild, roh und vegan
- Ernte-Tipps und Gourmet-Rezepte für das ganze Jahr
- Über 40 Pflanzen im Porträt mit raffinierten Rezepten

Die Ernährungsberaterin Dr. Christine Volm stellt über 40 ihrer favorisierten Wildpflanzen und deren speziellen gesundheitlichen Nutzen vor. Sie zeigt, wo sie zu finden sind, welche Merkmale die Pflanze unverwechselbar machen und wie sie vegan und rohköstlich verwendet werden können. Zudem wird genau erklärt, wie man die wertvollen Nahrungsmittel auf nachhaltige Weise erntet und dosiert.

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