



Kräutersüße: Köstliches aus Birkenzucker und Co (German Edition)

Renate Leitner

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Süße beeinflusst unsere Geschmacksnerven und stimmt uns positiv. Wie oft ist nach einem Stück Kuchen oder Schokolade die Welt wieder in Ordnung? Die Kehrseite: Karies, Bluthochdruck, Überaktivität, Gewichtsprobleme und Blutzucker warfen in den letzten Jahren dunkle Schatten über die Zuckerwelt. Doch die Natur hält Alternativen bereit - statt „Industriezucker“ natürliche Süßungsmittel aus Kräutern, Gewürzen, Honig, Birkenzucker und Früchten.

In über 170 neuen Rezepturen für Kräuterzucker, Wildpflanzen-Sirupe oder Gelee zeigt Renate Leitner auf, welche Vielzahl an natürlichen Süßungsmitteln die Natur uns bietet und welche verlockende und vor allem gesunde Kreationen daraus entstehen.

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