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Katharina Rau

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Womit süßen Sie? Zucker, Süßstoffe und pflanzliche Alternativen auf einen Blick Katharina Rau,2015-06-27 Zucker steckt in vielen Lebensmitteln Auch dort wo wir ihn gar nicht vermuten Oft unfreiwillig oder ohne Wissen nehmen wir tagt glich eine gro e Menge von Zucker auf Das hat Folgen f r die Gesundheit Sie ist ein wichtiges Gut auf das achtgegeben werden sollte Da mir als Di tassistentin vor allem die Ern hrung am Herzen liegt m chte ich speziell in diesem Bereich zeigen was alles m glich ist Ich erkl re Ihnen wie Sie Zucker sparen k nnen ohne dass auf S es verzichtet werden muss Ich stelle die vielf ltigen Varianten wie Agavendicksaft Kokosbl tenzucker Reissirup Stevia Zuckerr bensirup aztekisches S kraut S dolde s e Brombeerbl tter S holz Yac n und viele weitere im E Book vor Doch was m ssen Sie tun wenn Sie sich gesund und abwechslungsreich ern hren m chten ohne in s mtliche Fallen zu tappen Zus tzlich gehe ich auf die Vor und Nachteile von alternativen S ungsmitteln S und Zuckersatzstoffen ein und gebe Tipps zur richtigen Verwendung Dieses Buch gibt Ihnen wertvolle Informationen stellt Alternativen zum Haushaltszucker vor und zeigt worauf es ankommt

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