



Dinkel: Korngesund Kochen & Backen (German Edition)

Komet Verlag

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Korngesunde Dinkel-Küche

- ♥ Die schönsten Dinkel-Rezepte - lecker, wohltuend und bekömmlich
- ♥ Jedes Rezept mit brilliantem Farbfoto
- ♥ Vom kernigen Knuspermüsli und saftigen Dinkel-Hähnchen bis zu knackigen Hafer-Dinkel-Plätzchen: Hier findet jeder Dinkel-Freund sein Lieblingsrezept!

Wer mit Dinkel kocht und backt, der kann sich an korngesunden Genüssen erfreuen, die Körper und Kopf guttun. Als Mehl oder pures Korn, in Form von Flocken oder Grieß, als Nudeln oder Reisersatz - das eiweiß- und mineralstoffreiche Urgetreide macht mit seinem nussigen und kräftigen Aroma jedes Gericht zu einem ganz besonderen Geschmackserlebnis. Dieses Buch versammelt die schönsten Dinkel-Rezepte zum Kochen und Backen: Ob kerniges Knuspermüsli, cremige Dinkelgrieß-Gemüsesuppe oder saftiges Dinkel-Hähnchen, ob herzhaftes Dinkel-Walnuss-Brot, butterzarte Dinkelcroissants oder knackige Hafer-Dinkel-Plätzchen - hier findet jeder Dinkel-Freund sein Lieblingsrezept!

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