



Fleischlos kochen mit den 7 Engeln der Woche (German Edition)

Franz Spengler

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In "Fleischlos kochen mit den 7 Engeln der Woche", sind vegetarische Gerichte und Rezepte mit Fisch enthalten.

Es sind Rezepte für jeden Geldbeutel und zum größten Teil mit Zutaten, die man sowieso zu Hause hat, oder leicht zu besorgen sind.

Die 7 Engel können an den beschriebenen Tagen genutzt werden.

Einige nette Anekdoten und Tipps des Autors, lockern das Kochbuch auf.

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