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Low Carb: Desserts für den Thermomix (German Edition)

Tatjana Neuss

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Low Carb Desserts für den Thermomix

Wenn du nicht auf Süßen verzichten willst, aber Zucker und Kohlenhydrate reduzieren möchtest dann liegst du mit Low Carb Ernährung genau richtig. Denn Süßspeisen wie Eis, Kuchen, und Schokolade erhalten viel Zucker aber auch einfache Kohlenhydrate die Körper in Zucker umwandelt. Den Zucker ist auch ungesund, trotzdem brauchst du Süßungsmiettel für die Rezepte damit sie schmecken und hier nimmst du Xylit, Stevia oder Erythrit und mit dem Thermomix kannst du leicht und schnell köstliche Desserts ohne Zucker und fast ohne Kohlenhydrate zaubern und ohne Reue genießen.

Low Carb Dessert Rezepte

Süß und Fruchtig, Süß & Cremig , Kuchen & Muffins , Eis Vergnügen , Aufläufe mit Beeren , Obstsalate , Pralinen , Chia-Marmeladen & Co, Smoothies

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