



Das vegane Kochbuch meiner Oma (German Edition)

Kirsten M. Mulach

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Natürlich gut!

Als Kirsten Mulach, die schon seit vielen Jahren vegan lebt, beim Verkauf des alten Familienhauses auf dem Dachboden das Kochbuch ihrer Oma fand, hielt sie einen Schatz in den Händen. Überrascht stellte sie fest, dass viele Gerichte darin vegan waren. Sie kochte die Speisen nach und entdeckte eine neue vegane Wirklichkeit: ohne Soja und Seitan, ohne Ersatz- und Fakeprodukte, ohne fettreiche, übersüßte oder importierte Fertigprodukte.

Stattdessen wird genommen, was Feld und Garten zu bieten haben. Frisch verarbeitet entstehen so Gerichte, die unvergleichlich gut und dabei ganz einfach zuzubereiten sind. Mit Omas Kochbuch kam Kirsten Mulach wieder zurück zum puren, echten Geschmack und zu mehr Vitalität.

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