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Slank en fit: Ruim 80 recepten voor de slanke lijn (Dutch Edition)

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Zo lekker smaakt slank!

Bent u op zoek naar lekkere gerechten die uw honger stillen, maar toch niet dik maken? Dan zijn de recepten in dit boek voor u ideaal!
Of het nu salades, soepen, hoofdgerechten of desserts zijn, alle gerechten weten te verleiden met hun heerlijke en verse smaak. En toch bevatten ze maar weinig vet. Verheug u op selderijsalade met druiven, wortelsoep met dadelgremolata, kipschotel met peultjes, heilbotsteaks met saffraanrijst, gebakken mango met kaneel en nog veel meer. Onze gezonde en gevarieerde recepten bieden puur genot. Zo wordt koken weer echt leuk!

- Alle ruim 80 recepten met een schitterende foto en uitgebreide stap-voor-stapinstructies
- Met een uitvoerige inleiding over voeding en energiebehoefte en tal van tips over hoe u met succes kunt afvallen
- Elk recept met gedetailleerde voedingswaarden en bereidingstijden

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