



Leitfaden vegetarische Ernährung (German Edition)

Dr. Maria Langwasser

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"Nein danke, ich bin Vegetarier!" Die Anzahl von spöttischen, mitleidigen oder einfach nur verwunderten Blicken, die man mit dieser Äußerung in Restaurants, in der Kantine oder im Freundeskreis erntet, werden glücklicherweise zunehmend weniger. Dennoch haftet dem fleischabstinenten Nahrungskonsumenten bisweilen noch immer das Image des humorlosen Ökos an, der jeden Jägerschnitzel-mit-Fritten-Besteller am liebsten hier und jetzt zu seinem Artgenossen konvertieren möchte.

Dieses Gesundheitsapostel-Image hat mit der Realität der Menschen, die sich für eine fleischlose Ernährung entscheiden, wenig zu tun. Ob die vegetarische Gesinnung nun durch ein neues Ernährungsbewusstsein motiviert ist oder ethische Gründe hat: Tatsache ist, dass die wenigsten Vegetarier ein Leben ohne Fleisch mit asketischer Entbehrung gleichsetzen. Stattdessen finden viele in ihrer Lebenseinstellung die Motivation, eine kulinarische Welt abseits des Mainstreams zu erforschen, Neues auszuprobieren, zu experimentieren, zu kreieren. Die Vielfalt der Küchenkreationen, die sich ohne tierische Zutaten erschaffen lassen, ist schier grenzenlos und so ist auch das Angebot von vegetarischen Rezeptsammlungen heutzutage größer denn je.

Das vorliegende Buch soll Ihnen, lieber Leser, ein wertvoller Ratgeber in der Welt der fleischlosen Genüsse sein. Ob Sie bereits langjähriger Vegetarier sind, erst jüngst den Sprung in die rein pflanzliche Ernährung gewagt haben oder einfach nur offen für Neues und Außergewöhnliches sein sollten - in diesem Leitfaden lassen sich für jeden Leser Tipps und Ratschläge finden, wie eine ausgewogene vegetarische Ernährung aussehen kann.

Viel Spaß bei der Lektüre und vor allem "Guten Appetit"!

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