



LOW CARB total KETO: Keto-Queen Romy (German Edition)

Romy Prestel

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Seit 40 Jahren lebe ich mit Erfolg ketogen, dem einzigartigen Weg ohne Sport zu Gesundheit, Power und voll befriedigendem Blick in den Spiegel.

Der Auslöser zu diesem Rezeptbuch war mein sensationelles und alles bisherige revolutionierende Leinsamenbrot: Es zählt nur 1,3 g Kohlenhydrate je 100 g gebackenes Brot und schmeckt ähnlich wie sehr gutes Roggenbrot. Es sieht auch so aus und wirklich jeder isst es gern, sogar als Schulbrot! Dieses Hefebrot ganz ohne Ei lässt sich mit dem Brotmesser in sehr dünne Scheiben schneiden. Außerdem lassen sich mit diesem Rezept äußerst leckere Pizza-Böden backen.

Die Falle bei der Keto- und Low-Carb-Ernährung ist jedoch die Lust auf Kuchen, Torten, Desserts und Pralinen. Mit meinem Rezeptbuch in der Küche tappt ganz sicher niemand mehr hinein: Ab sofort genießen Sie Romys sensationelles Brot mit Butter und Himbeermarmelade zum Frühstück, mittags die geliebte Pizza mit Caramel-Dessert, nachmittags Linzertorte, abends Quiche Lorraine und Petits Fours und als Betthupferl die so lange vermißten Pralinen bis zum Abwinken! Glauben Sie mir, denn ich habe 40 Jahre Erfahrung!

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