

## Lunch to go für Faule



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**(Abbie Feest)**

## LUNCH TO GO FÜR FAULE



Graefe Und Unzer Verlag Mrz 2018, 2018. Taschenbuch. Condition: Neu. Neuware - Die Mittagspause entspannt genießen, etwas Superfrisches essen, relaxt wieder an den Schreibtisch zurück und sich das Warten in der Kantinenschlange sparen - wer faul luncht, luncht smart! Mit 'Lunch to go für Faule' wird die kurze Pause zum gesunden Snackvergnügen. Ob trendy Bagels oder Wraps, Health Food à la Salad Bowls, Suppen, Quiches, Aufläufe für die Mikrowelle oder lockerleichte Sweeties im Glas: alle Lunchrezepte lassen sich wie von Zauberhand schnell vorbereiten, nach Jahreszeit variieren und dank der vielen Tipps im Buch so easy verpacken wie sicher transportieren. Die Rezepte sind so vielseitig und von Frühling bis Winter ein Genuss, denn vom sommerlichen Salat bis zum wärmenden Eintopf ist alles dabei. Zuhause vorbereitet und in der Büroküche blitzschnell erwärmt, sorgen Süßkartoffel-Zitrus-Suppe, Putencouscous mit Mojo-Joghurt, Quinoa-Bowl, Lauchlasagne, Mikrowellenkuchen oder Caprese mit Pfirsich dafür, dass die Leistungskurve auch am Nachmittag steil nach oben zeigt. 144 pp. Deutsch.



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