



# Low Carb Frühstück: 40 gesunde und abwechslungsreiche Rezepte (German Edition)

*Klara Voss*

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## Abnehmen mit Low Carb Frühstück

**Das kleine 1x1 der Low-Carb-Ernährung** Vielerorts wird die Low-Carb-Ernährung als eine „neue“ und besonders gesunde Ernährungsweise angepriesen. Dass Low-Carb gesund ist, steht außer Zweifel – „neu“ ist es allerdings nicht, denn tatsächlich zählten die Grundbausteine der Low-Carb-Ernährung Wurzeln, Obst, Nüsse, Samen, Eiweiß und gesunde Fette über Jahrtausende zu den hauptsächlichen Nahrungsmitteln der Menschen. Erst vor etwa 10.000 Jahren ergänzten Getreideprodukte unseren Speiseplan und so kam es zu einer Verschiebung der Nährstoffaufnahme zugunsten der Kohlenhydrate. **40 leckere Frühstück Rezepte** Backwaren, Müsli & Riegel, Eierspeisen, Brotaufstriche, Salate & Gemüsespeisen, Smoothies, Desserts

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