



# Laktosito Bd. 3: Faszination Fisch: Genuss pur, ohne Laktose. (German Edition)

*Judith N. Grella*

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'Vorsätze sind wie Aale:

Leicht zu fassen, aber schwer zu halten.'

Klaus Müller

Also keine Widerrede! Tauchen Sie ein mit mir in die Unterwasserwelten. Erleben Sie die Genussvielfalt, die uns Meere, Flüsse und Seen schenken.

Nehmen Sie teil an diesem außergewöhnlichen ›Tauchkurs‹ und freuen Sie sich auf wunderbare Fisch-Kompositionen.

Träumen Sie nicht nur. Angeln Sie sich Ihr Lieblingsrezept, schwelgen und schlemmen Sie nach Herzenslust. Geben Sie sich einfach diesen laktosefreien Fisch-Leckereien hin.

Viel Spaß, guten Appetit und bleiben Sie gesund!

'Spezielle Kochbücher für Menschen, die unter der Milchzuckerunverträglichkeit leiden, sind bisher allein darauf ausgelegt, milchfrei zu kochen. Der Genuss ist zweitrangig. J. N. Grella beginnt mit ihren laktosefreien Rezepten da, wo herkömmliche Kochbücher enden.'

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