



Vegan-Guide: Die wichtigsten Fakten und Tipps zum veganen Leben (German Edition)

Patrick Bolk

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Vegan to live

In kompakter Form führt Patrick Bolk in die vegane Ernährungs- und Lebensweise ein. Hier finden sich die wichtigsten Infos sowie alle Fakten, die das (vegane) Leben leichter machen: von den Top-5-Ei-Ersatzprodukten über das Wichtigste über Kosmetik und Kleidung bis hin zu veganen Dating-Plattformen sowie die wichtigsten Apps. Mit vielen Grafiken, Tabellen und Illustrationen sowie 25 schnellen Einstiegsrezepten.

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