



# Diabetes Ade! : Kochen Backen Naschen (German Edition)

*Markus Berndt*

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## **Diabetes Ade!: Kochen Backen Naschen (German Edition)** Markus Berndt

Nach dem Sachbuch „Diabetes Ade – das Ende der Zuckerkrankheit“ folgt nun das Kochbuch Diabetes Ade! Kochen – Backen – Naschen von Markus Berndt. In seinem ersten Werk beschrieb Markus Berndt, wie einfach man Diabetes Typ-2 ohne Medikamente besiegen kann. Von der Theorie zur Praxis: Im neuen Werk geht es ans „Eingemachte“ und die LeserInnen erfahren praxisgetreu, wie man sich Diabetes Typ-2 im wahrsten Sinne des Wortes „wegessen“ kann! Der Autor und Ex-Diabetiker Markus Berndt verrät seinen vielen tausend Lesern auf 96 Seiten im A4 Format, wie man sich Diabetes Typ-2 im wahrsten Sinne des Wortes wegessen kann und überrascht dabei, wie schmackhaft diese spezielle Küche sein kann. Doch man erfährt dabei nicht nur von vielen neuen Gerichten, die man wohl kaum in der „Mainstream Küche“ vorfindet. Sondern lernt vielmehr in diesem Kochbuch, wie man Altbewährtes zubereiten kann, dass man es auch als Diabetiker ohne Reue genießen kann! Dieses Werk stellt „herkömmliche“ Nahrungsempfehlungen für Diabetiker oft auf den Kopf und inspiriert jeden Hobbykoch sofort zum Nachmachen. Doch nicht nur Diabetiker profitieren von dem brandneuen Kochbuch, es eignet sich auch hervorragend für Menschen, die genussvoll und ohne Diät abnehmen möchten.

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