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Lynn Hoefler

Simply Heavenly Healthy

Natural, Quick Recipes for Real Life

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Jan Thorbecke Verlag

Hardcover

248 pages

Format 19 x 24 cm

EUR 28.00

- Quick, easy and healthy
- Second book by this bestselling author: 12,000 sold copies of "Heavenly Healthy"
- Trendy topics like meal prep, sustainability and using leftovers
- With tips for real life that are suitable for everyday use and easy to make

In her new book, the successful blogger and author Lynn Hoefler shows how healthy food can be simply and quickly integrated into everyday life. With some preparation but a minimal amount of effort, it is easy to have a healthy diet. And quite incidentally, it is also possible to save the world a little bit in the process. Lynn not only cooks extremely delicious, plant-based foods but also makes sure that she consciously has a sustainable lifestyle and does not waste any food. But the most important thing for her is: Healthy nutrition MUST be fun!

About the author

Lynn Hoefler is a food blogger, holistic nutritionist, food stylist and columnist. Through her diagnosis of hypertension, Lynn found her way to healthy nutrition and began to publish her passion for natural recipes on her »Heavenly Healthy« blog. It has become one of the most successful German blogs in the area of healthy and balanced nutrition.



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