



El nuevo libro de la cocina natural (ILUSTRADOS INTEGRAL) (Spanish Edition)

Blanca Herp

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Recetas vegetarianas fáciles y sabrosas para cada día

La cocina vegetariana ha experimentado un éxito sin igual en los últimos años. De ser una opción minoritaria, ha pasado a convertirse en un modo de vida y de alimentación reconocido por todos como saludable y delicioso. La dieta vegetariana se ha enriquecido con nuevos alimentos, técnicas y recetas que la hacen adecuada y atractiva para cualquier persona y paladar. *El nuevo libro de la cocina natural* recoge informaciones y aportaciones más recientes en este campo para actualizar la obra pionera sobre cocina vegetariana en nuestro país y convertirla en el nuevo clásico del siglo XXI. Un libro imprescindible para disfrutar del vegetarianismo en casa sin complicaciones.

- Más de 240 recetas.
- Nuevos ingredientes y superalimentos.
- Utensilios y materiales ecológicos.
- Las técnicas culinarias más saludables.
- Cómo elaborar menús equilibrados.
- Recetas para cada día y para comer fuera de casa.
- Cocina para ocasiones especiales.
- Postres deliciosos.
- Bebidas refrescantes.

Sin duda, esta será una obra de referencia y consulta constante para todas aquellas personas que deseen cuidar su salud de un modo sano, consciente y responsable.

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the main position, giving the reader the hottest and also based confirm resource data that maybe you can be among it. This great information may drawn you into completely new stage of crucial pondering.

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