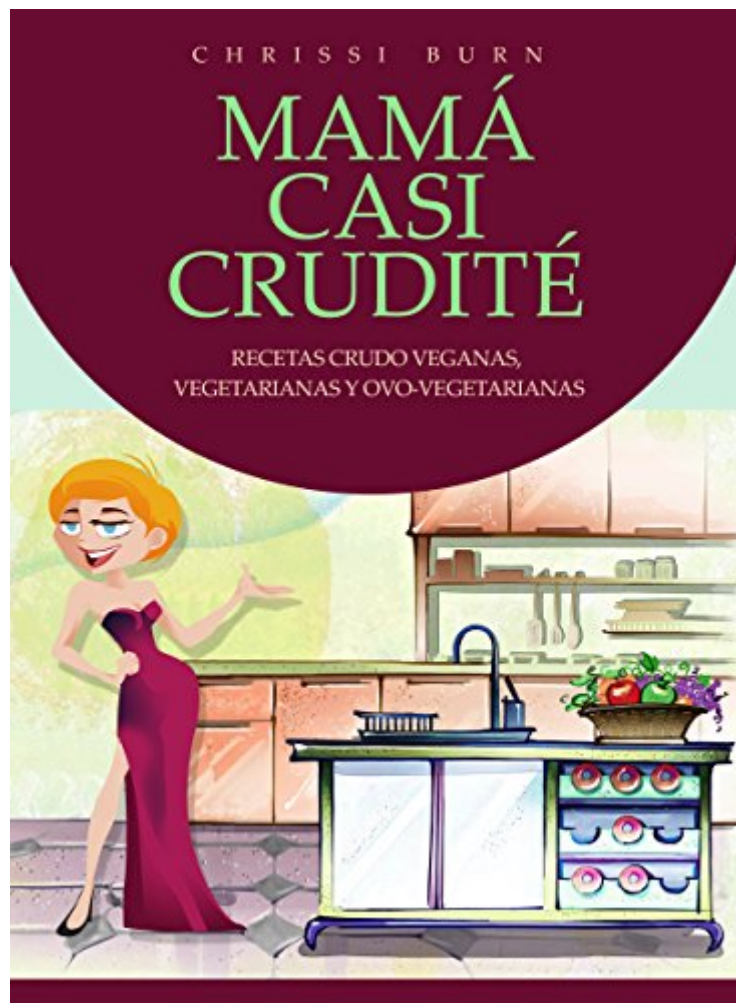


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Mamá Casi Crudité®: Recetas VEGANAS, VEGETARIANAS Y OVO-VEGETARIANAS, Salud Y Nutrición (Spanish Edition)



Synopsis

Recetas VEGANAS, VEGETARIANAS Y OVO-VEGETARIANAS. Este breve libro de recetas es parte del resultado del cambio radical que Fay hizo, de no estar saludable a estarlo, de sus estudios sobre salud y nutrición, de sus experiencias junto con su familia aprendiendo gradualmente a cocinar de una manera diferente, recalibrando las papilas gustativas de su familia y la suya propia; y su ansia para que ellos consigan ser vegetarianos y ¡ojalá! completamente veganos un día - a no muy lejano.

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