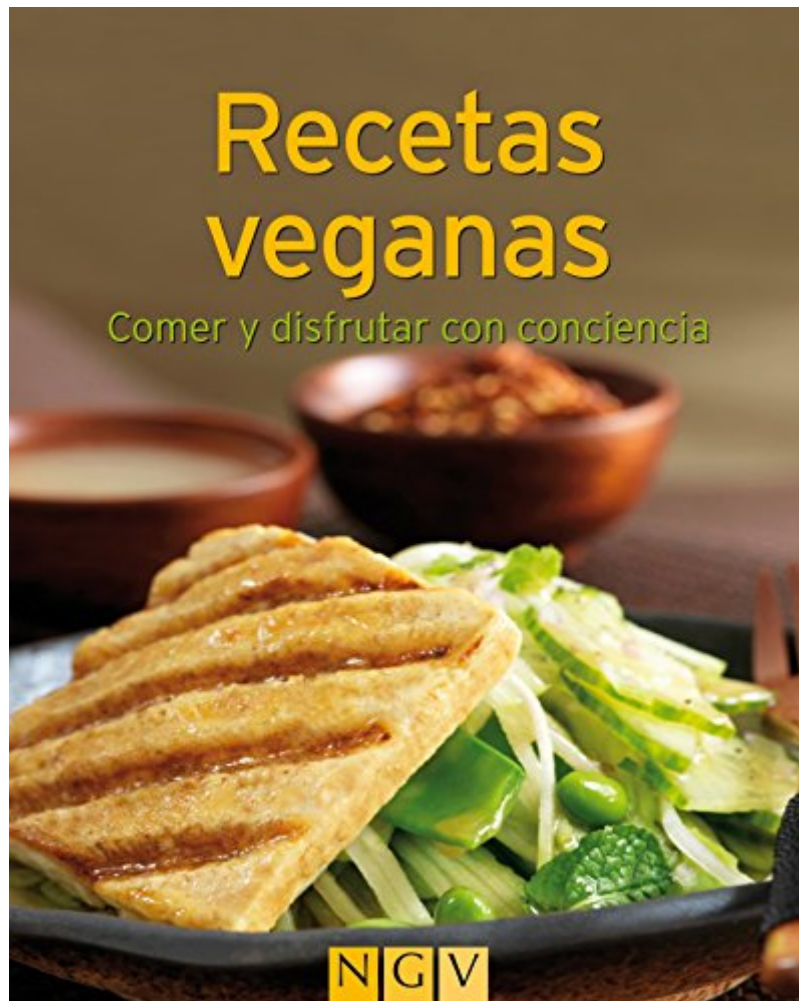


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Recetas Veganas: Nuestras 100 Mejores Recetas En Un Solo Libro (Spanish Edition)



Synopsis

Recetas exquisitas sin carne!El veganismo estÃ¡ de moda, y ya nadie es completamente ajeno a esta nueva tendencia. Se basa en el rechazo a cualquier producto de origen animal, y desde que el seitiÃ±n, el tofu y la soja texturizada se encuentran en los supermercados las recetas veganas se pueden preparar sin complicaciones. Aparte de platos clÃ¡sicos como los espaguetis a la boloÃ±esa, las hamburguesas y la panacota hechos con ingredientes vegetales, en este libro tambiÃ©n encontrarÃ¡ muchas recetas innovadoras, desde las hamburguesas de garbanzo y la lasaÃ±a de pisto hasta el asado festivo envuelto en hojaldre. Con este libro le demostraremos que la cocina vegana no solo es sana, sino tambiÃ©n sofisticada y muy variada.- Bonita fotografÃ­a en color y detalladas instrucciones paso a paso en cada receta- MÃ¡s de 100 recetas, tanto clÃ¡sicas como innovadoras- RelaciÃ³n calidad-precio inmejorable

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