



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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