

# Télécharger Livres Gratuit Vegan (PDF | ePub | Mobi) Marie Laforêt download-free



La cucina vegan è ricca di creatività, fantasia e gusto: mangiare vegan vuol dire gustare una varietà senza uguali di cibi, un tripudio di colori, sapori, profumi e inventiva, ma soprattutto scegliere una dieta sana per se stessi e compiere una scelta etica per il pianeta. Con oltre 500 ricette corredate da fotografie che fanno venire l'acquolina in bocca, Vegan è un bestseller internazionale che vi farà conoscere tutto ciò che occorre per diventare uno chef stellato, con ricette che non mancheranno di stupire anche i più irriducibili! Gustosi formaggi casalinghi preparati senza latte e derivati, prelibati dessert senza uova e persino stuzzicanti arrostiti senza carne... Basta adottare semplici accorgimenti e ingredienti naturali per creare capolavori da chef di alta cucina, sostituire facilmente le uova nei dessert e preparare raffinati antipasti come il caviale vegetariano. - I benefici dell'alimentazione vegan - Gli strumenti necessari e gli ingredienti di base - Come sostituire con successo uova e latticini - Ricette golose per ogni occasione

<b>Title</b>	:	Vegan
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<b>File Size</b>	:	10.62MB

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