



Cocina vegana mediterránea (ILUSTRADOS INTEGRAL) (Spanish Edition)

Laura Kohan

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Recetas con productos de proximidad

Hoy en día cuidamos más nuestra alimentación y nuestra salud. En los últimos años, el veganismo ha ido ganando seguidores y se ha convertido en una dieta cada vez más habitual. ¿es posible llevar una dieta sana a largo plazo si solo comemos vegetales? Este libro ofrece toda la información tanto para aquellos que se inician en esta dieta como para aquellos que llevan años practicándola. Desde consejos para seguir una dieta vegana equilibrada hasta información sobre la estacionalidad de los alimentos y los mejores lugares donde encontrar algunos productos.

La virtud especial de este libro es que la autora ha utilizado solo productos de la cuenca mediterránea. Las recetas que nos sugiere serán un festín para cualquier persona interesada en cocinar comidas sanas, frescas, sabrosas y sorprendentes.

- 50 recetas basadas en la alimentación mediterránea y 10 más de productos básicos.
- Tablas sobre valores nutricionales y temporalidad de las frutas y verduras.
- Consejos para conseguir los mejores productos en cualquier lugar de España.

Laura Kohan

Estudió cocina en la Escuela Oficial de Hostelería de Madrid. Posteriormente, cursó un máster en dietética y nutrición en la Universidad de Santiago. Con los años, se especializó en nutrición y cocina alternativa y en la promoción de la alimentación bio. Ha trabajado como chef en diferentes países y colaborado durante seis años con la revista *Integral* y otras publicaciones. Además, ha escrito tres libros de cocina bio y vegetariana y actualmente trabaja como coaching nutricional (o reeducadora de malos hábitos alimenticios) y profesora de cocina saludable.

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Reading a guide tends to be new life style with this era globalization. With studying you can get a lot of information that can give you benefit in your life. Having book everyone in this world could share their idea. Ebooks can also inspire a lot of people. Lots of author can inspire their own reader with their story or their experience. Not only the storyline that share in the ebooks. But also they write about advantage about something that you need example. How to get the good score toefl, or how to teach your kids, there are many kinds of book that exist now. The authors nowadays always try to improve their expertise in writing, they also doing some study before they write to their book. One of them is this Cocina vegana mediterránea (ILUSTRADOS INTEGRAL) (Spanish Edition).

Gregory Jones:

Spent a free time for you to be fun activity to do! A lot of people spent their down time with their family, or their own friends. Usually they undertaking activity like watching television, going to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your current free time/ holiday? May be reading a book may be option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to try out look for book, may be the e-book untitled Cocina vegana mediterránea (ILUSTRADOS INTEGRAL) (Spanish Edition) can be good book to read. May be it may be best activity to you.

John Stanley:

Are you kind of stressful person, only have 10 or 15 minute in your moment to upgrading your mind proficiency or thinking skill possibly analytical thinking? Then you are receiving problem with the book compared to can satisfy your short time to read it because this all time you only find book that need more time to be go through. Cocina vegana mediterránea (ILUSTRADOS INTEGRAL) (Spanish Edition) can be your answer given it can be read by a person who have those short extra time problems.

Mary Tobin:

As a pupil exactly feel bored to reading. If their teacher questioned them to go to the library as well as to make summary for some book, they are complained. Just small students that has reading's soul or real their passion. They just do what the educator want, like asked to the library. They go to right now there but nothing reading significantly. Any students feel that studying is not important, boring and can't see colorful images on there. Yeah, it is being complicated. Book is very important in your case. As we know that on this period, many ways to get whatever we wish. Likewise word says, many ways to reach Chinese's country. So , this Cocina vegana mediterránea (ILUSTRADOS INTEGRAL) (Spanish Edition) can make you really feel more interested to read.

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