



1.101 recetas vegetarianas (INTEGRAL GENERAL) (Spanish Edition)

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Una recopilación de sabor, salud y color en tu mesa

Nunca habrás tenido en un solo libro tantas y tan variadas recetas vegetarianas elegidas por su sabor y sencillez. Solo la revista *Cuorpomente*, que desde hace muchos años ofrece ideas de cocina saludable y respetuosa con el medio ambiente, ha podido seleccionar 1.101 recetas de entre sus mejores creaciones, para que la comida de cada día en un hogar vegetariano alimente y aporte salud e ilusión a la mesa.

- La clasificación de las recetas te permitirá organizar tu menú.
- Las explicaciones claras y detalladas te darán fama de infalible.
- Cada receta te informa de su aporte nutricional y de los tiempos de preparación y reposo.
- Todas las recetas son aptas para ovolactovegetarianos y se indican, además, las propias de los veganos y crudívoros.
- Se proponen menús semanales para las cuatro estaciones.
- El índice por ingredientes te permitirá comprobar cuán variadas pueden ser las opciones.

Ensaladas, sopas, tapas, patés, salsas, arroces, pastas, papillotes, cazuelas, bocadillos, pizzas, tartas, postres, helados, panes y mucho más... 1.101 recetas irresistibles también para quien quiera disfrutar de vez en cuando de un menú vegetariano.

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