



Smullekker Vegetaries (Afrikaans Edition)

Sonia Cabano

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Sonia en Jade se entoesiasme vir geurig kook sprankel behoorlik uit elke bladsy van Smullekker Vegetaries! Dié boek bevat prettige en eenvoudige vegetariese resepte, noukeurig uitgesoek om in die behoeftes van jong werkendes en bedrywige gesinne tot gesondheidsbewuste hedoniste te voorsien. Deur meestal plaaslike bestanddele te gebruik, dek die resepte alles van maklike, alledaagse disse, ligte happies en eenvoudige versnaperinge, tot vernuwing en ontgifting met suiwer kos, tot hedoniese feeste vir spesiale geleenthede en heerlike sielskos, asook heerlike gebak en soet happies. Dié resepteboek is die begin van 'n avontuurlike liefdesverhouding met vegetariese kookkuns.

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