



Cocina vegetariana. 500 recetas (Spanish Edition)

Sandra Figueroa, Consuelo Bedoya

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Cada vez es mas frecuente encontrar personas que han decidido cambiar sus habitos tradicionales de alimentacion para pasarse a un estilo de vida mas acorde con los tiempos modernos, mas respetuoso con su propio organismo y, a la vez, mas cuidadoso frente a los peligros que representan las toxinas, los metales y demas elementos nocivos para la salud que acompanan a los productos alimenticios de hoy. El libro sirve para los vegetarianos mas extremos, pues todas sus recetas estan desarrolladas pensando en que no haya ningun alimento de origen animal en ellas, ni siquiera huevo; pero tambien funciona para aquellos que quieren comer sano y que no necesariamente son vegetarianos, pues las recetas incluyen elementos sustitutivos de origen animal que pueden utilizarse, segun la preferencia de quien los va a consumir. Tambien incluye tablas nutricionales en las que se explican las propiedades de cada alimento, asi el lector aprende de nutricion, porque ser vegetariano no debe significar estar mal nutrido. / It is increasingly common to find people who have decided to change their traditional food habits in switching to a lifestyle more in tune with modern times, more respectful to their own body and, in turn, more careful against the dangers of toxins, metals and other elements harmful to health that accompany food products today. This book serves the most extreme vegetarians, all the recipes are developed with the aim of no animal food in them, not even eggs, but also work for those who want to eat healthy and are not necessarily vegetarians.

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