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*Undoubtedly, this is the greatest job by any author. It is actually filled with wisdom and knowledge I am quickly could get a pleasure of reading a written book.*

*(Kade Ankunding)*

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: Spanish . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Esta publicacion va dirigida a todas las personas que forman parte del movimiento vegano o a las que sienten curiosidad por esta gastronomia. Hemos seleccionado Recetas Veganas faciles y divertidas como una manera de desmitificar algunas de las creencias que hay sobre estas preparaciones; no necesitas ser un gran chef y se puede alcanzar e incluso superar los sabores de la cocina tradicional. El veganismo es una filosofia y practica de la vida compasiva, que excluye todo tipo de explotacion de los animales, optando por la celebracion de la vida. Las recetas veganas reflejan esta filosofia ofreciendo opciones nutritivas, llenas de color y sabor, excluyendo todo tipo de productos derivados del Reino Animal. Esperamos que con este libro ayudemos a que mantengas un buen nivel de salud y bienestar fisico, mental y espiritual. En este libro se hara foco en una serie de recetas para disfrutar de desayunos, almuerzos y cenas y postres veganos con todo el sabor de los vegetales. Recetas faciles, economicas y variadas para hacer de cada comida un momento especial. Espero que le guste leer este libro y sea una ayuda en su viaje a este mundo de la gastronomia mas saludable.



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