



Ricette Vegane HealthyLicious (Italian Edition)

Glenda S.

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Vi siete mai chiesti cosa cucino oggi?

Questo libro è un concentrato di ricette vegane, gustose, facili e veloci per tutto l'anno, e vi sarà di supporto se avete poco tempo per cucinare ma amate mangiare bene senza rinunciare al gusto.

Le ricette si realizzano in 30-40 minuti – a volte anche meno – propongono piatti di pasta e salse, riso e cereali, contorni, insalate e secondi piatti davvero appetitosi e originali, a chiunque voglia cambiare un po' la sua alimentazione e cerchi uno spunto, un aiuto, per uscire dagli schemi classici e tradizionali.

Quando sarà possibile verrà indicata un'alternativa senza glutine ma soprattutto verranno suggerite altre possibili versioni delle ricette, perché in cucina quel che conta è la fantasia e quindi bisogna sempre variare, osare accostamenti nuovi, per creare sapori unici e personali.

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