



Recetas de tentempiés veganos por Heather Hope (Spanish Edition)

Heather Hope

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30 deliciosas recetas de tentempiés para veganos basadas en productos vegetales que tienen un sabor delicioso y son perfectas para picar entre horas, llevar a una fiestas o matar el hambre.

Recetas de tentempiés veganos

Serie Esenciales de la cocina, Libro 36

Desde que somos niños aprendemos a adorar y desear cualquier cosa asociada a un “tentempié”.

Nuestro paladar ansía estos pequeños, sabrosos y saciantes bocaditos. La serie Esenciales de la cocina llega al rescate con Recetas de tentempiés veganos, ofreciéndote 30 recetas destinadas a satisfacer y deleitar a tu familia, invitados a una fiesta o simplemente a ti mismo como capricho nocturno.

Ya no tendrás que avergonzarte de llevar una bandejita de tentempiés veganos a tus fiestas, donde deslumbrarás a tus amigos y convertirás a los escépticos en adeptos. Lleva tu estilo de vida contigo y confía en las elecciones que haces.

Aprende a dominar la cocina vegana

¿Por dónde comenzamos? Una pregunta que se responde fácilmente en las primeras páginas de este libro único. Úsalo como tu arma secreta para practicar y mejorar tus técnicas con cada nueva receta.

Antes de que puedas darte cuenta, convertirás platos sosos en auténticas creaciones culinarias. Diviértete,

acepta el reto de probar algo nuevo e híncale el diente a estas recetas. Tu paladar te lo agradecerá más tarde.

¡No desaproveches el sabor!

Esto no significa que tengas que cambiar toda tu dieta, sin embargo, te animamos a que pruebes algo diferente y delicioso que no te arrepentirás de darle una oportunidad.

Aprende lo que miles de personas ya han descubierto: un estilo de vida vegano puede ser no sólo gratificante, sino además divertido y delicioso. Si ya te has convertido al veganismo, este libro te aportará nuevas recetas. Si te estás planteando darle una oportunidad a est

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