

# Leggi Ebooks Cucina Vegana Simone Salvini PDF, EPUB, Mobi



**Leggi ebooks Cucina vegana Simone Salvini PDF, EPUB, mobi**, In questo volume Salvini propone menu vegani suddivisi per stagione, tante ricette leggere, nutrienti e saporite, dove gli elementi si mescolano in un gioco di colori, consistenze e sapori dando vita a risultati sorprendenti. La cucina vegana non solo rappresenta una scelta alimentare corretta per la nostra salute, ma anche responsabile, perché rispettosa degli animali, ecosostenibile nei confronti dell'equilibrio del pianeta e a favore di una maggiore giustizia alimentare nel mondo.

Un cibo "pacifico" per nutrire il corpo e la mente con gusto.

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