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Descargar libro en línea PDF epub mobi Español Vive vegano Jenny Rodriguez , *Libro ganador de los premios Gourmand World Cookbook Awards 2019*

Desde pequeños nos enseñan que hay animales a los que debemos querer y otros a los que podemos usar y comer, aunque cada vez son más las personas que rechazan esta idea y encuentran en el veganismo una filosofía de vida acorde con sus principios. Pero ¿es fácil ser vegano? ¿Por dónde empezar?

Jenny Rodríguez se hizo vegana a los 17 años y su blog de cocina, Mis Recetas Veganas, se ha convertido en un referente de la alimentación vegetal. Partiendo de su propia experiencia, en este libro habla sobre por qué ser vegano y aporta estrategias para dar los primeros pasos, ejemplos de qué comer al principio o una lista con ingredientes esenciales. Además, nos descubre algunas de sus recetas más ricas y

saludables, tanto para el día a día como para sorprender a los invitados. Porque ¿quién puede resistirse a una buena hamburguesa vegetal o a una carbonara de anacardos?

Tanto si buscas reducir el consumo de alimentos de origen animal como si quieres dar el paso definitivo al veganismo, este libro te ayudará en tu propósito.

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