



Nutrire Corpo e Anima (Italian Edition)

Patrizia Vaier

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"I corpi di tutti gli esseri viventi si nutrono di alimenti che crescono con le piogge." Una raccolta di ricette vegetariane, dagli antipasti al primo, scritto da Patrizia Vaier Lalita Priya, che ci spiega anche come sostituire basi animali nella preparazione dei piatti. Indispensabile per chi vuole avere una dieta vegetariana varia.

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