



Cocina vegana mediterránea (ILUSTRADOS INTEGRAL) (Spanish Edition)

Laura Kohan

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Recetas con productos de proximidad

Hoy en día cuidamos más nuestra alimentación y nuestra salud. En los últimos años, el veganismo ha ido ganando seguidores y se ha convertido en una dieta cada vez más habitual. ¿es posible llevar una dieta sana a largo plazo si solo comemos vegetales? Este libro ofrece toda la información tanto para aquellos que se inician en esta dieta como para aquellos que llevan años practicándola. Desde consejos para seguir una dieta vegana equilibrada hasta información sobre la estacionalidad de los alimentos y los mejores lugares donde encontrar algunos productos.

La virtud especial de este libro es que la autora ha utilizado solo productos de la cuenca mediterránea. Las recetas que nos sugiere serán un festín para cualquier persona interesada en cocinar comidas sanas, frescas, sabrosas y sorprendentes.

- 50 recetas basadas en la alimentación mediterránea y 10 más de productos básicos.
- Tablas sobre valores nutricionales y temporalidad de las frutas y verduras.
- Consejos para conseguir los mejores productos en cualquier lugar de España.

Laura Kohan

Estudió cocina en la Escuela Oficial de Hostelería de Madrid. Posteriormente, cursó un máster en dietética y nutrición en la Universidad de Santiago. Con los años, se especializó en nutrición y cocina alternativa y en la promoción de la alimentación bio. Ha trabajado como chef en diferentes países y colaborado durante seis años con la revista *Integral* y otras publicaciones. Además, ha escrito tres libros de cocina bio y vegetariana y actualmente trabaja como coaching nutricional (o reeducadora de malos hábitos alimenticios) y profesora de cocina saludable.

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