



Delícias Para Sua Festa Vegetariana - Volume 3 (Portuguese Edition)

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Sua festa vai surpreender os convidados. Com a experiência e o talento de chefs renomados, os 50 pratos ou porções desta edição foram selecionados para agradar aos paladares mais exigentes sem esquecer do compromisso que precisamos ter com os animais.

Em nenhuma das receitas deste terceiro volume do livro Delícias para sua Festa Vegetariana, você vai precisar usar leite, ovos ou qualquer ingrediente de origem animal. Ou seja, são instruções de preparo para criar deliciosas combinações leves e livres de colesterol.

Cada uma das receitas contam com legumes, hortaliças, grãos, castanhas ou frutas. Muitas delas ainda usam e abusam de ingredientes integrais ou com alto poder nutritivo. Há praticamente tudo o que você precisa: doces, salgados, pizzas, sanduíches, tortas e até sorvetes.

Escolha algumas das opções e comemore de forma saudável.

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