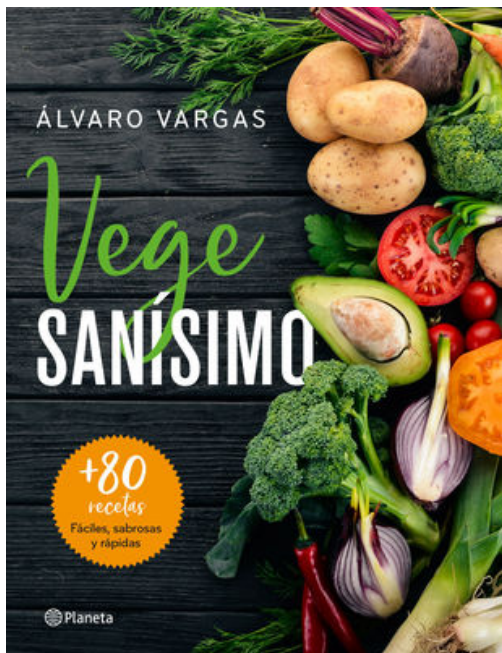


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¿Has decidido dejar de comer carne y pescado?, ¿no sabes por dónde empezar?, ¿te preguntas si tendrás todos los nutrientes necesarios, si se presentará algún déficit, si realmente es una dieta saludable o de dónde sacarás la proteína y el hierro? ¿Te aburre comer siempre hummus, remolacha y pasta? Seitán en salsa de arándanos, hamburguesas de amaranto, ñoquis de boniato, pastel de espinacas... Dividido por estaciones y apostando por los productos de proximidad, Vegesanísimo es la biblia de referencia para veganos y vegetarianos. Una obra de consulta imprescindible donde encontrarás ideas y consejos para darle sabor y color a tus menús diarios.

Title	:	Vegesanísimo
Author	:	Álvaro Vargas
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