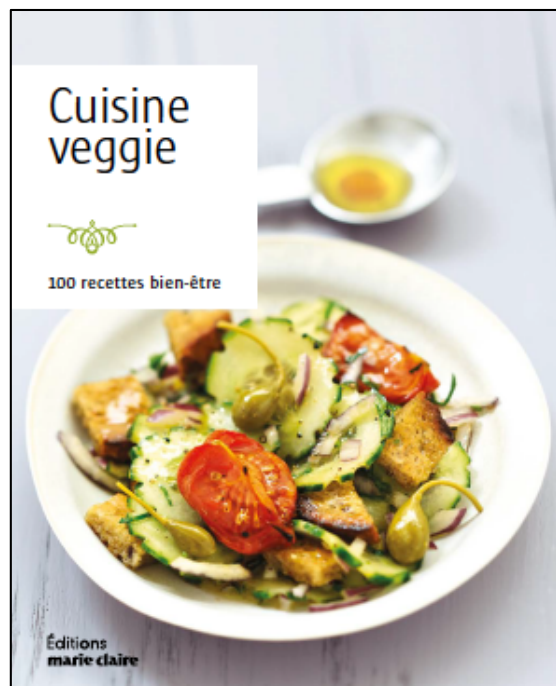


Veggie Cookery

100 well-being recipes

August 2016



Synopsis:

Who said that veggie cookery was sad and tasteless?

Nowadays, veggie cookery is not secondary, and many people wish to limit their consumption of animal protein.

With this title, readers will find suggestions to adopt a varied diet, balanced and above all tasty. It is possible to please oneself while eating healthily.

Based 100% on vegetables, or with eggs and milks, there are recipes for everyday life, or for special occasions, to treat friends or family to a nice dinner.

■ Specs:

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