

Beginner Vegan

40 recipes to discover and start

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Synopsis:

To become a vegan is to change habits to have better ones. For the health, the planet and the animals. It is not complicated but you have to reconsider beliefs that you had since childhood on nutrition, such as: « you can only find iron in meat », or « you have to eat dairy products to have good bones », etc.

Based on the advises of a dietician, this book offers simple but delicious recipes to start being vegan without difficulty!

Content:

- Why go vegan?
- A few recipes to start with.
- Basic ingredients you need to know.
- Easy recipes.
- Recipes to go further into veganism.

The Author:

Maylis Parisot is a young and passionate chef. She recently opened a restaurant with her husband in Paris suburb. They propose to people a vegan cooking made with bio products, locally produced and of the season.

She is the author of *Cuisiner sans lactose / Recipes without Lactose (2016)* with Marie Claire.

■ Specs:

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