



# **Vegetarianos a la mexicana (Gastronomía) (Spanish Edition)**

*Aranza Granados Castañón*

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Para evitar enfermedades y llevar una mejor dieta, Aranza Granados ofrece un completo recetario de platillos con un toque mexicano, y nos adentra en un interesante recorrido sobre las sociedades que han decidido llevar una dieta a base de vegetales.

Con entradas, sopas, platos fuertes y postres, quien busque seguir una dieta vegetariana, o sencillamente desee mejorar su alimentación, encontrará una deliciosa selección de opciones para armar sus propios menús día con día.

Sin duda, este libro es imperdible para quienes disfrutan de la buena cocina.

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