



# Sabores Vegetarianos - 70 Receitas (Portuguese Edition)

*Ellen Vitorino*

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## **Sabores Vegetarianos - 70 Receitas (Portuguese Edition)** Ellen Vitorino

A chefe de cozinha vegana e colaboradora da Revista dos Vegetarianos Ellen Vitorino reúne neste livro 70 sugestões de receitas vegetarianas para ajudar o leitor a montar um saboroso cardápio para o dia a dia e manter sempre uma alimentação saudável.

O livro é dividido em seis capítulos: “Bom dia, Flor do dia”, que dá dicas para o café da manhã; “Para passar o tempo”, sobre petiscos, patês e canapés; “Sempre um bom começo”, com sugestões de sopas, saladas, molhos e entradas; “Vamos ao que interessa”, sobre pratos principais, guarnições e acompanhamentos; “...me dá um tempo”, com opções para o coffee break; e a “Grand Finale”, que mostra o preparo de sobremesas. Ellen Vitorino ensina receitas vegetarianas tradicionais e outras nem tão tradicionais assim, e mostra de uma vez por todas que a comida vegana pode ser colorida, cheia de textura e cheia de sabor. Para comprovar, é só experimentar...

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