



Genre: **cooking books, vegan-friendly**
Territory: **world**



EASY ITALIAN VEGAN CUISINE

Quick recipes and menus for beginners and singles

Nowadays the number of people who convert to veganism is growing steadily. The awareness of the fact that animals have feelings and that this is not true just for the pets that live with us is spreading rapidly: these animals, whom I love, are like the other animals, which I eat.

But actively changing our habits and learning how to use new ingredients can be difficult, especially for people who are **beginners** in the kitchen, for **single** people or for **students** who have to cook on a budget. Easy Italian Vegan Cuisine presents over **220 recipes** that go from starters to desserts,

which can be easily followed **step-by-step**.

Each recipe has been thoroughly tested and comes with indications of difficulty level, preparation time and price range. There are also dishes that can be prepared once and eaten more than once or simply heated up.

This book however, is far more than a collection of recipes: it includes a **10-step programme** to successfully change one's eating habits and make the transition to a vegan diet. It also teaches how to buy food, organize the kitchen and how to effectively use ingredients such as tofu, seitan, legumes, vegetables, dry fruit, seeds and sprouts to prepare tasty dishes to serve at breakfast and lunch, to create delicious sandwiches and snacks to enjoy with friends and family.

The author -----

Emanuela Barbero has been active for over ten years in the field of non-violent nutrition and vegan cuisine. She has created the first Italian website dedicated to vegan recipes (www.vegan3000.info) and has published with Sonda *Italian vegan Cuisine*, *Italian vegan Cuisine for mothers and children* and *Being on a diet with the Italian Vegan Cuisine*.

Author: Emanuela Barbero
Territory: World
Price: € 15,00 -
Pages: 200 pp -
ISBN: 978 88 7106 504 5

Edizioni Sonda - Alice Assandri Foreign Rights
tel. +39 0142 461516
e-mail: alice.assandri@sonda.it web: www.sonda.it

