



# **Recetas vegetarianas para grandes ocasiones (ILUSTRADOS INTEGRAL) (Spanish Edition)**

*M<sup>a</sup> Pilar Ibern*

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# Recetas vegetarianas para grandes ocasiones (ILUSTRADOS INTEGRAL) (Spanish Edition)

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La cocina vegetariana y natural ofrece una gran cantidad de recursos a la hora de preparar un menú original y saludable. Para la vida de cada día sabemos imaginarnos y componer comidas apetitosas. Pero ¿qué ocurre cuando tenemos invitados?

Hay ocasiones especiales en que deseamos ofrecer lo mejor de nosotros mismos a nuestros amigos y seres queridos, alrededor de una buena mesa. Este libro pone a vuestra disposición todos los recursos de la mejor cocina vegetariana para hacer de una fiesta, una celebración o una ocasión especial, un momento inolvidable.

**M.ª Pilar Ibern**, Gavina, maestra de cocina vegetariana, nos ofrece todas las claves para que no falte ni un detalle en tus cenas de navidad, en las fiestas infantiles, los pisolabis empresariales, las bodas o los encuentros románticos. Con sus consejos resolverás todas tus dudas respecto al protocolo en la mesa, la utilización de las flores en la decoración, la mantelería, vajilla y cristalería más adecuada para cada ocasión o cómo organizar un bufet.

En este libro encontrarás recetas para preparar canapés, ensaladas, bebidas y cócteles, platos vegetarianos para servir como entrante o como segundo plato y muchísimos postres deliciosos, todos ellos elaborados con productos naturales fáciles de conseguir y de sencilla elaboración.

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