



# **Mundo Vegetariano del Dr. Abel Cruz (Salud Y Belleza / Health and Beauty) (Spanish Edition)**

*Dr. Abel Cruz*

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El destacado experto en alimentación vegetariana, el Dr. Abel Cruz, presenta en esta obra un completo recetario ideado para procurar a las familias una nutrición completa, de rápida preparación y bajo costo, que les permita gozar de una salud plena sin detrimento del sabor. Entre los muchos platillos usted encontrará ensaladas, sopas y cremas, guisos, salsas, aderezos, bebidas, postres y dulces, elaborados siempre con ingredientes de origen natural y prescindiendo de conservadores y otras sustancias dañinas.

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