

Vegani Nati 500 Ricette Facili Semplici Golose Nutrienti E Genuine

The Dietitian's Guide to Vegetarian Diets, Third Edition highlights trends and research on vegetarian diets and translates the information into practical ideas to assist dietitians and other healthcare professionals in aiding their clients. Evidence-based and thoroughly referenced, this text addresses diets throughout the life cycle with chapters devoted to pregnancy and lactation, infants, children, adolescents, and the elderly, and highlights the benefits of using vegetarian diets in the treatment of hyperlipidemia, hypertension, type 2 diabetes, and obesity. Full of vital information on vegetarian nutritional needs and healthier, more satisfying diets, the Third Edition can be used as an aid for counseling vegetarian clients and those interested in becoming vegetarians, or serve as a textbook for students who have completed introductory coursework in nutrition.

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Un piccolo ricettario 100% vegetale con tante proposte ricche di sapore. Tante idee semplici e gustose, sia dolci che salate, per iniziare la giornata con gusto ed energia: dai biscotti alle torte passando per muffin, marmellate e creme spalmabili fino a pancake e al porridge, ce n'è davvero per tutti i gusti!

La selezione delle nostre migliori 30 ricette di dolci dedicati ai momenti speciali. Dalle torte della tradizione, passando per idee originali semplici ma d'effetto e grandi classici della pasticceria, dal panettone ai bigné. Un ricettario ricco di foto, con un'introduzione dettagliata, consigli pratici e un sacco di idee per portare in tavola dolci spettacolari. Troverete crostate, muffin, grandi lievitati, biscotti e piccole idee facilissime e d'effetto. Che libri ospita la collana "I semini"? Tanti piccoli ricettari dedicati a svariati temi e ingredienti, ebook da collezionare e che entreranno di diritto, anche grazie al prezzo davvero vantaggioso, nelle biblioteca digitale di ogni buon appassionato di ricette e buona cucina.

Experience the World's Finest Teas, Qualities, Infusions, Rituals, Recipes

Il piccolo libro delle zuppe e delle vellutate

Giornale della libreria

Recipes for Advent

Le Viandier de Taillevent

The Rise and Fall of the Cattle Culture

A collection of raw, vegan, and gluten-free recipes includes such dishes as cauliflower risotto, sweet potato and squash mac 'n cheese, and walnut portobello burgers.

Tells how to use and take care of ice cream machines, offers recipes for sorbets, ice creams, sherberts, and sauces, and gives tips on serving

Un piccolo ricettario 100% vegetale con tante proposte ricche di sapore. Tante idee semplici e gustose pronte a scaldarci nelle stagione più fredda. Un intero ebook dedicato a zuppe e vellutate, perfette anche come ricchi piatti unici, con abbinamenti insoliti e nuovi per rendere anche il più semplice dei piatti una preparazione sempre nuova e molto gustosa.

Un piccolo ricettario 100% vegetale denso di meraviglie con 30 ricette per portare in tavola piatti magnifici, facili con protagonisti i ceci, legumi eccezionali e super versatili. Antipasti, primi, secondi e anche dolci (sì, sì, hai capito bene!) perfetti per i fan di questo ingrediente ma anche per chi non li ha mai mangiati e ha voglia di sperimentare con gusto ma in modo molto semplice. Prova le torte salate, le frittelle, la classica pasta e ceci morbida, ma anche gli gnocchi, oppure sperimenta il loro valore proteico con tacos, maxi burger, classici stufati o polpette e, infine, gustali anche nei dolci con le versioni al cioccolato, i tartufini o gli hummus speciali!

Vegani nati

The Vegetarian Flavor Bible

The Blissful Sleep, Greater Focus, Limitless Presence, and Deep Connection Awaiting Us All on the Other Side of Alcohol

Green Kitchen Travels

From Cauldron Cakes to Knickerbocker Glory--More Than 150 Magical Recipes for Wizards and Non-Wizards Alike

Gluten-Free Bread

Once upon a time in a very busy city, on a very busy street, in two very small apartments, lived... Herman and Rosie. Herman liked playing the oboe, the smell of hot dogs in the winter, and watching films about the ocean. Rosie liked panca watching films about the ocean. They both loved the groovy rhythm of the city, but sometimes the bustling crowds and constant motion left them lonely, until one night ... A Neal Porter Book

Un piccolo ricettario 100% vegetale con proposte ricche di sapore per cucinare con gusto e allegria anche quando si ha poco tempo: antipasti, primi, secondi e dolci, con tante idee su metodi di cottura e condimenti per preparazioni velociss stagiona alle porte!

- A book about the pleasure of baking your own bread using natural sourdough and healthy ingredients - Includes 90 taste-tested recipes Bread making is a skill, but it is also a pleasure, rooted in traditions that have nurtured generations. One of bread-baking's most popular variations with its signature tang and unique health benefits. It is also one of the easiest and most natural, its starter made from flour, water, and time. Riccardo Astolfi has mastered the art of baking w taste-tested recipes for breads, as well as sweets and savories such as brioche, sweet buns, traditional panettone, pancakes, bagels, pizza and more. Each recipe calls for organic and locally available ingredients and is tested for the home

Everyday recipes (breakfast, snacks and pizzas): Festive recipes.

A groundbreaking handbook--the "method" companion to its critically acclaimed predecessor, The Flavor Thesaurus--with a foreword by Yotam Ottolenghi. Niki Segnit used to follow recipes to the letter, even when she'd made a dish a dozen combinations that informed The Flavor Thesaurus, she detected the basic rubrics that underpinned most recipes. Lateral Cooking offers these formulas, which, once readers are familiar with them, will prove infinitely adaptable. The book is covering a basic culinary category, such as "Bread," "Stock, Soup & Stew," or "Sauce." The recipes in each chapter are arranged on a continuum, passing from one to another with just a tweak or two to the method or ingredients. Once you instance, then its neighboring dishes (crackers, soda bread, scones) will involve the easiest and most intuitive adjustments. The result is greater creativity in the kitchen: Lateral Cooking encourages improvisation, resourcefulness, and, ultin to cook by heart. Lateral Cooking is a practical book, but, like The Flavor Thesaurus, it's also a highly enjoyable read, drawing widely on culinary science, history, ideas from professional kitchens, observations by renowned food writers, and Entertaining, opinionated, and inspirational, with a handsome three-color design, Lateral Cooking will have you torn between donning your apron and settling back in a comfortable chair.

The Tea Book

Ricettario 100% vegetale

Il piccolo libro dei secondi piatti

Lateral Cooking

The Essential Guide to Culinary Creativity with Vegetables, Fruits, Grains, Legumes, Nuts, Seeds, and More, Based on the Wisdom of Leading American Chefs

A Social and Political History

Incredible classic comfort food recipes for a vegan lifestyle. Vegan cuisine is exploding in popularity around the world, and now more than ever, people are adopting a plant-based diet or vegan lifestyle. Not only can you thrive eating a healthy plant-based diet, but also you can now enjoy all those familiar comfort food dishes that you have been craving. In The Classics Veganized, you will find over 120 drool-worthy dishes that reinvent classic comfort foods with a modern spin. Standout vegan dishes that no one would know are meatless! Start with appetizers, like Crispy Mushroom Calamari, Cheesy Tex-Mex Quesadillas, and Boneless Wings, because really, is there any other way to kick-off a meal? You will find lots of hearty mains like Hickory Smoked Ribs, Chickpea Pot Pie, Home-Style Meatloaf, White Widow Mac and Cheese, and Shepherd's Pie. Round out dishes with sides and salads like Buttermilk Onion Rings, Creamy Caesar Salad, and Twice Baked Vegan Taters. Weekend brunch is a must with Buttermilk Blueberry Pancakes, Breakfast in Bed Scones, Quiche Lorraine, and Sunny Side Up Vegan Eggs with Yolks. Easy-to-make vegan desserts put the finishing touch on any meal. Classic desserts like Chocolate Fudge Cake with Buttercream Frosting, Soft and Chewy Chocolate Chip Cookies, and Pineapple Upside Down Cake are a breeze to throw together with basic ingredients. The Classics Veganized also includes recipes to make your own vegan pantry staples and condiments from cheeses and butters to dressings and sauces.

#1 NEW YORK TIMES BESTSELLER! Bake your way through Hogwarts School of Witchcraft and Wizardry! Inspired by the films, this is the ONE and ONLY official Harry Potter cookbook! Packed with over 40 recipes and gorgeous, eye-catching photography, this baking cookbook is a must-have for every Harry Potter fan. Delight in 43 tasty recipes inspired by the Harry Potter films! From Pumpkin Patch Pies to Owl Muffins, Luna's Spectrespecs Cookies to Hogwarts Gingerbread, The Official Harry Potter Baking Cookbook is packed with mouthwatering recipes that will, dare we say, ... ensnare the senses. Host a Great Hall-inspired feast for your friends or delight in a portion for one. Includes recipes for all kinds of delicious baked goods, as well as nutritional and dietary information. This baking cookbook is great for everyone and includes gluten-free, vegetarian, and vegan recipes as well!

Delicious, nutritious and healthy vegetarian and vegan food, inspired by flavors from around the world, from the Green Kitchen Stories family. The Green Kitchen Stories family David, Luise and their children are a family who love to travel. Hungry to see and taste more of the world, they embarked on an around-the-world trip with their seven-month-year-old. Start the day with indulgent almond pumpkin waffles from San Francisco, tuck into a raw beansprout pad thai from Thailand for lunch, and a Sri Lankan vegetable curry for supper. With easy to find ingredients and simple instructions, these recipes are sure to be a success. With stunning photography and food styling, as well as personal anecdotes and images from the authors' travels, Green Kitchen Travels shares modern and inspiring vegetarian, vegan and gluten-free recipes for all appetites.

Origins of Attitudes towards Animals is a truth-seeking journey that takes the study of attitudes towards animals to the global scale. The book relies on rigorous mathematical analysis of large amounts of data to make unprecedented discoveries about animal protection. Origins of Attitudes towards Animals steps off the path of focusing on animal welfare, which is only one aspect of animal protection, and reveals the science, philosophy, and cultural factors behind different groups of peoples' attitudes towards animals, worldwide. The book is based on the results of the ground-breaking survey research project, Global Attitudes to Animals Survey, which was initiated and managed by the author. Thousands of people around world were involved in the project, including many renowned academics, who worked as collaborators. The book also includes comprehensive and critical reviews of a large amount of existing literature. The quality of the study, in consideration of the issues it covers, the number of survey participants and the complexity of the mathematical methods applied, has no peers in academia. The book is a must-read for animal activists and people who are interested in the academic study of animal protection, and it contains a treasure-trove of data for researchers. To gain a full understanding of the study,knowledge of key mathematical techniques, such as factor analysis is required. Areas covered by the book include: Animal behaviour, anthropology, biology, chemistry, cosmology, cultural study, ethics, finance, history, mathematics, philosophy, physics, psychology, religion, and veterinary science. It is also available as an E-Book.

Il piccolo libro delle ricette fresche e veloci

Healthy Vegetarian Food Inspired by Our Adventures

Over 120 Favourite Comfort Food Recipes for a Vegan Lifestyle

And Other Recipes from TV's Twin Peaks

Il piccolo libro delle ricette con i ceci

The Dietitian's Guide to Vegetarian Diets

Il miglior ricettario dove puoi scrivere le tue ricette preferite Vuoi conservare e organizzare tutte le tue ricette di famiglia? Il nostro ricettario è fatto per tutto ciò di cui hai bisogno. È il modo perfetto per organizzare tutte le tue ricette preferite in un unico posto. Lo amerai. È semplice, ben progettato, facile da usare, chiaro e ben organizzato. Riguardo questo ricettario: - Registra nelle 130 pagine le tue ricette preferite - Dimensione perfetta: 17.78 x 25.4 cm (7" x 10" in) - Copertina PREMIUM morbida e lucida - Stampato su carta bianca - Spazio extra per note aggiuntive Un grande regalo per i tuoi amici e familiari che amano cucinare e hanno bisogno di registrare e catalogare le loro deliziose creazioni culinarie

Buon appetito! Everyone loves Italian food. But how did the Italians come to eat so well? The answer lies amid the vibrant beauty of Italy's historic cities. For a thousand years, they have been magnets for everything that makes for great eating: ingredients, talent, money, and power. Italian food is city food. From the bustle of medieval Milan's marketplace to the banqueting halls of Renaissance Ferrara; from street stalls in the putrid alleyways of nineteenth-century Naples to the noisy trattorie of postwar Rome: in rich slices of urban life, historian and master storyteller John Dickie shows how taste, creativity, and civic pride blended with princely arrogance, political violence, and dark intrigue to create the world's favorite cuisine. Delizia! is much more than a history of Italian food. It is a history of Italy told through the flavors and character of its cities. A dynamic chronicle that is full of surprises, Delizia! draws back the curtain on much that was unknown about Italian food and exposes the long-held canards. It interprets the ancient Arabic map that tells of pasta's true origins, and shows that Marco Polo did not introduce spaghetti to the Italians, as is often thought, but did have a big influence on making pasta a part of the American diet. It seeks out the medieval recipes that reveal Italy's long love affair with exotic spices, and introduces the great Renaissance cookery writer who plotted to murder the Pope even as he detailed the aphrodisiac qualities of his ingredients. It moves from the opulent theater of a Renaissance wedding banquet, with its gargantuan ten-course menu comprising hundreds of separate dishes, to the thin soups and bland polentas that would eventually force millions to emigrate to the New World. It shows how early pizzas were disgusting and why Mussolini championed risotto. Most important, it explains the origins and growth of the world's greatest urban food culture. With its delectable mix of vivid storytelling, groundbreaking research, and shrewd analysis, Delizia! is as appetizing as the dishes it describes. This passionate account of Italy's civilization of the table will satisfy foodies, history buffs, Italophiles, travelers, students -- and anyone who loves a well-told tale.

“ A fun way to get kids interested in Harry Potter also interested in food. ” —New York magazine Conjure up feasts that rival the Great Hall ’ s, sweets fit for the Minister of Magic, snacks you ’ d find on the Hogwarts Express, and more! This bestselling unofficial Harry Potter cookbook is perfect for chefs of all ages, from new readers to longtime fans—no wands required! Bangers and mash with Harry, Ron, and Hermione in the Hogwarts dining hall. A proper cuppa tea and rock cakes in Hagrid's hut. Cauldron cakes and pumpkin juice on the Hogwarts Express. With this cookbook, dining a la Hogwarts is as easy as Banoffee Pie! With more than 150 easy-to-make recipes, tips, and techniques, you can indulge in spellbindingly delicious meals drawn straight from the pages of your favorite Potter stories, such as: Treacle Tart—Harry's favorite dessert Molly's Meat Pies—Mrs. Weasley's classic dish Kreacher's French Onion Soup Pumpkin Pasties—a staple on the Hogwarts Express cart With a dash of magic and a drop of creativity, you'll conjure up the entrees, desserts, snacks, and drinks you need to transform ordinary Muggle meals into magical culinary masterpieces, sure to make even Mrs. Weasley proud!

Si chiama "I semini" la nuova collana di ebook di Vegolosi.it e segue idealmente la prima, "Il raccolto" (composta da 4 ebook dedicati alle ricette di stagione). Il primo volume di questa nuova avventura si intitola "Il piccolo libro della zucca". Che cos'è? Si tratta di un mini ebook composto da 28 ricette fra antipasti, primi, secondi e dolci, che raccoglie la selezione delle migliori ricette di Vegolosi.it dedicate proprio alla zucca, ingrediente amatissimo da tutti i nostri lettori (e non solo). Il prezzo rimarrà fisso per tutta la collana: 1,99 euro. Un piccolo prezzo per un ricettario ricco di foto, con un'introduzione all'ingrediente, un po' di consigli pratici e un sacco di idee per cucinare al meglio questo ortaggio. Che libri ospiterà la collana "I semini"? La collana "I semini" sarà composta da tanti piccoli ricettari dedicati a svariati temi e ingredienti, ebook da collezionare e che entreranno di diritto, anche grazie al prezzo davvero vantaggioso, nelle biblioteca digitale di ogni buon appassionato di ricette e buona cucina.

Il piccolo libro della colazione vegan

Festive

The Official Harry Potter Baking Book

Beyond Beef

Origins of Attitudes Towards Animals

Damn Fine Cherry Pie

In the first three parts of this book an exploration of the historical role of cattle in Western civilization is given. Part four examines the human impact of the modern cattle complex and the world beef culture. The range of environmental threats that have been created, in part, by the modern cattle complex is described in part five. Part six examines the psychology of cattle complexes and the politics of beef eating in Western society. The author hopes that this book will contribute to moving our society beyond beef

Despite being a universal experience, eating occurs with remarkable variety across time and place: not only do we not eat the same things, but the related technologies, rituals, and even the timing are in constant flux. This lively and innovative history paints a fresco of the Italian nation by looking at its storied relationship to food.

One day you find out you have to adopt a gluten-free diet – or someone in your life does. So, you wonder: What ’ s gluten? Where is it found and how do I avoid it? How do I make gluten-free bread, rolls, pizza, cakes, crepes, muffins and pastries at home? What ingredients can I use? Is gluten-free bread just as nutritious as normal bread? Should I use commercial bread mixes, or is it better to make my own? Why? The authors of Gluten-Free Bread had these same questions on their minds. This book is their answer. The book has two parts. In part one, they address gluten in the diet, where it ’ s found, how to avoid it and above all, some alternative products and their properties. They identify and analyze nutritional facts of ingredients (types of flours, additives, yeasts and rising agents) that make gluten-free bread and pastries. They also look at how these ingredients affect the final product, how they can be combined and in what proportions. The second part focuses on the kitchen: they present techniques and tricks for gluten-free cooking, and 15 recipes for gluten-free breads, pizzas, crepes, savory tarts, cakes, muffins (cupcakes) and pastries. They offer alternatives for each recipe, including processes, tools (bread maker, mixer, kneading by hand) and types of flour that you can use to create your own variations.

Where does tea come from? With DK's The Tea Book, learn where in the world tea is cultivated and how to drink each variety at its best, with steeping notes and step-by-step recipes. Visit tea plantations from India to Kenya, recreate a Japanese tea ceremony, discover the benefits of green tea, or learn how to make the increasingly popular Chai tea. Exploring the spectrum of herbal, plant, and fruit infusions, as well as tea leaves, this is a comprehensive guide for all tea lovers.

The Classics Veganized

Ice Cream. Things to Know

Il piccolo libro dei dolci delle feste

Il piccolo libro dei dolci facili

Classic Recipes Updated with Better-for-You Ingredients from the Modern Pantry: A Baking Book

30 ricette originali, facili e 100% vegetali

□ *55% OFF for Bookstores! Retail Price Discounted for a Few More Days! If You are Looking for a Complete Guide for lose weight with taste and without giving up or get rid of obesity Then Your Customers Never Stop to Use This Awesome Book! Obesity is slowly becoming one of the most serious issues that occurred in Western societies. It is usually favored by lack of activity, even stress of lockdowns for Virus, but we can all agree that the food we eat is making us quickly gain weight. Perhaps you are struggling to lose some weight. Perhaps you have an active lifestyle with frequent visits to the gym but still not having the results you expect. In most cases, nutrition is to blame because we stuff ourselves with plenty of high-calorie and low-nutrient foods. Everything was a lot more natural back then, and you didn't have to eat massive amounts to get satisfied. This is the sad truth! In this complete guide you can learn: □ What is Sirtfood Diet? □ How to Follow the Sirtfood diet □ The phases of the Sirtfood diet in your body □ 35 Quick and Easy Recipes for: Breakfast, Lunch, Dinner and Snacks □ How to Calculate Your RDA □ 7 Days Meal Plan to Activate Sirtuins and Kickstart Fat Burning □ 28 Days Program With Deciously Recipes □ How Superfoods Prevent Cancer and many more... This book is suggesting a slightly different approach, the food diet. You may be very reluctant about this diet since you are too skeptical about diets in general. It is not magic or a scam; this diet really works. Don't believe me? Well, are you wondering how Adele lost so many pounds lately? By trying this diet! Even if you have never done a diet before, even if you have tried thousands of useful diet programs without success, even if you haven't tried a diet based on activate Sirtuins in your life, this bestseller book will guide you reaching the fit body you want, through 7-days meal plan and a 4 week guide to Kick-start Fat Burning Today ! So what are you waiting for? Buy it NOW and Let Your Customers Get Addicted to This Amazing Book!*

Ranging from the Tokugwa period to the present day, this text provides a concise and fascinating introduction to the social, cultural and political history of modern Japan. Tipton covers political and economic developments and shows how they relate to social themes and developments. Her survey covers traditional political history as well as areas growing in interest: gender issues, labor conditions and ethnic minorities.

Throughout time, people have chosen to adopt a vegetarian or vegan diet for a variety of reasons, from ethics to economy to personal and planetary well-being. Experts now suggest a new reason for doing so: maximizing flavor -- which is too often masked by meat-based stocks or butter and cream. The Vegetarian Flavor Bible is an essential guide to culinary creativity, based on insights from dozens of leading American chefs, representing such acclaimed restaurants as Crossroads and M.A.K.E. in Los Angeles; Candle 79, Dirt Candy, and Kajitsu in New York City, Green Zebra in Chicago, Greens and Millennium in San Francisco, Natural Selection and Portobello in Portland, Plum Bistro in Seattle, and Vedge in Philadelphia. Emphasizing plant-based whole foods including vegetables, fruits, grains, legumes, nuts, and seeds, the book provides an A-to-Z listing of hundreds of ingredients, from avšav? to zucchini blossoms, cross-referenced with the herbs, spices, and other seasonings that best enhance their flavor, resulting in thousands of recommended pairings. The Vegetarian Flavor Bible is the ideal reference for the way millions of people cook and eat today -- vegetarians, vegans, and omnivores alike. This groundbreaking book will empower both home cooks and professional chefs to create more compassionate, healthful, and flavorful cuisine.

Un piccolo ricettario 100% vegetale denso di meraviglie. 35 idee per portare in tavola secondi piatti vegetali magnifici e perfetti per qualsiasi occasione: dalle polpette, ai burger, passando per sfornati, affettati e arrosti (e tante altre idee facilissime!). Questo è il terzo volume della collana "I semini" che si arricchirà mano a mano con nuovi titoli. La collana, edita da Viceversa Media, segue quella de "Il raccolto", collana che conta 4 ebook che propongono ai lettori centinaia di ricette stagionali, sempre 100% vegetali. La redazione di Vegolosi.it ha sede a Milano e dal 2013 racconta la cultura e l'alimentazione 100% vegetale nel nostro paese. Vegolosi.it è il magazine online dedicato al tema, più letto d'Italia.

Eat Raw, Eat Well

Sourdough

Vegani nati. 500 ricette facili, semplici, golose, nutrienti e genuine

Herman and Rosie

The Epic History of the Italians and Their Food

Un piccolo ricettario 100% vegetale denso di meraviglie con 30 ricette per portare in tavola dolci magnifici ma facilissimi! Non importa se per te una teglia è un mistero, se il forno chiude lo sportello quando passi azzerando il timer, se la cucina sembra andare in fiamme quando fra te e te pensi "Ma sì, preparo una torta, dai". Questo libro è il tuo libro: 30 ricette facilissime divise in tre categorie - Torte, plumcake e ciambelle - biscotti e muffin - sfizi dolci. Tutte provate, testate dalla nostra community in 9 anni di attività, questi dolci saranno i tuoi nuovi cavalli di battaglia: provare per credere.

Vegani nati. 500 ricette facili, semplici, golose, nutrienti e genuineVegani natiNewton Compton Editori

Un piccolo ricettario 100% vegetale denso di meraviglie. Tante idee veloci e semplici divise per tempo di realizzazione: non più di 10, 20 o 30 minuti per prepararle. Qui troverete tantissime idee: dai tagliolini cremosi al limone, alle orecchiette con crema di mandorle e pomodorini, passando per burger senza cottura, frittate di pane al pesto, finendo con dolci come la torta in tazza, i muffin senza glutine al cioccolato, la crema pasticciera e tanto altro. Questo è il quarto volume della collana "I semini" che si arricchirà mano a mano con nuovi titoli. La collana, edita da Viceversa Media, segue quella de "Il raccolto", collana che conta 4 ebook che propongono ai lettori centinaia di ricette stagionali, sempre 100% vegetali. La redazione di Vegolosi.it ha sede a Milano e dal 2013 racconta la cultura e l'alimentazione 100% vegetale nel nostro paese. Vegolosi.it è il magazine online dedicato al tema più letto d'Italia.

The anticipation of Christmas and the excitement of Advent bring out the cook in everyone, whether you're making nibbles to serve with drinks for friends, planning your holiday season menu or baking heartfelt gifts for loved ones. From panettone and jam cookies, to nourishing salmon and potatoes, pumpkin wellington and a warming ginger punch, here are 24 seasonal recipes to add festive deliciousness to your celebrations and personal touch to your gift-giving.

Food and Foodways in Italy from 1861 to the Present

Modern Japan

40+ Recipes Inspired by the Films

Il piccolo libro della zucca

Ricettario vegano

Alone

500 ricette facili semplici, golose, nutrienti e genuine Dallo chef vegano più famoso nel mondo, le migliori ricette da provare almeno una volta nella vita Dall'esperienza di un grande chef, ecco a voi ben 500 ricette, rigorosamente vegane, per tutte le occasioni. Piatti perfetti per festeggiare un evento speciale, oppure per i pranzi e le cene di ogni giorno. Innovative, fresche, semplici, variegate e soprattutto deliziose, le leccornie qui contenute sono create utilizzando gli ingredienti presenti nella cucina di ogni vegano. Ma anche i non vegani le troveranno senza dubbio appetitose! Fantasia e gusto senza sensi di colpa, finalmente alla portata di tutti: preparatevi a stupire i vostri ospiti. Tra le ricette di questo libro:
• burger di fagioli neri
• noodles buddisti
• zuppa di broccoli e quinoa al sapore di formaggio
• fettuccine alla carbonara vegana
• sauté di spinaci con vino bianco e aglio
• caponata siciliana di melanzane
• lasagna con funghi e spinaci
• parfait di banane e cioccolato
Douglas McNish vive in Canada, a Toronto, dove ha studiato al George Brown College. E uno dei più famosi chef vegani, ed è anche insegnante e consulente. E autore di vari manuali di cucina che hanno avuto un immenso successo di pubblico in America, divenendo dei bestseller.

This must-read for lovers of Stephen King's The Shining will leave readers breathless as Seda and her family find themselves at the mercy of a murderer in an isolated and snowbound hotel. Get ready for what Kirkus calls "A bloody, wonderfully creepy scare ride." When her mom inherits an old, crumbling mansion, Seda's almost excited to spend the summer there. The grounds are beautiful and it's fun to explore the sprawling house with its creepy rooms and secret passages. Except now her mom wants to renovate, rather than sell the estate—which means they're not going back to the city...or Seda's friends and school. As the days grow shorter, Seda is filled with dread. They're about to be cut off from the outside world, and she's not sure she can handle the solitude or the darkness it brings out in her. Then a group of teens get stranded near the mansion during a blizzard.

Seda has no choice but to offer them shelter, even though she knows danger lurks in the dilapidated mansion—and in herself. And as the snow continues to fall, what Seda fears most is about to become her reality...

A damn fine collection of seventy-five mouthwatering recipes, inspired by iconic scenes and characters from David Lynch's groundbreaking cult classic series Twin Peaks—returning to television in 2017 with eighteen new episodes on Showtime. Widely hailed as the best television show ever created, Twin Peaks has become a beloved cult favorite classic that continues to attract legions of passionate fans today. Twenty years after it first aired, the show's influence can be see in all areas of popular culture, from television shows and commercials, to comic books and video games, to films and song lyrics. The show has also impacted popular culinary traditions: there are Double R Diner copycat diners, pop-up dining experiences, doughnut-eating contests, and David Lynch's signature coffee. Now, fans hungry for a Twin Peaks fix can sate their appetite with this quirky cookbook that pays homage to the show. Lindsey Bowden, the founder of the Twin Peaks festival in the UK, has gathered dozens of recipes inspired by its most memorable scenes and characters, including Percolator Fish Supper, the Log Lady's Chocolate and Chestnut Roulade, and the Double R Diner's famous Cherry pie. Inside Damn Fine Cherry Pie you'll find delights such as: Coffee, Pastries & Donuts: Coffee with Mexican Chihuahua Churros Double R Diner Menu: Percolate Fish Supper Family Meals: Betty Brigg's Meatloaf and Doc Hayward's Diet Lasagna Meals on Wheels Program: Mrs. Tremond's Creamed Corn Chowder Black Lodge Supper Club: Doctor Jacobi's Secret Coconut Hawaiian Stew Cocktails: Audrey Horne's Cherry Twist Ideal for viewing parties or a fun date night for two, Damn Fine Cherry Pie is a must for Twin Peaks fans, pop culture aficionados, and imaginative home cooks. A must-have for every baker, with 130 recipes featuring bold new flavors and ingredients. Here is the go-to cookbook that definitively ushers the baking pantry beyond white flour and sugar to include natural sweeteners, whole-grain flours, and other better-for-you—and delicious—ingredients. The editors at Martha Stewart Living have explored the distinctive flavors and alluring textures of these healthful foods, and this book shares their very best results. A New Way to Bake has 130 foolproof recipes that showcase the many ways these newly accessible ingredients can transform traditional cookies, pies, cakes, breads, and more. Chocolate chip cookies gain greater depth with earthy farro flour, pancakes become protein powerhouses when made with quinoa, and lemon squares get a wonderfully crumbly crust and subtle nutty flavor thanks to coconut oil. Superfoods are right at home in these baked goods: granola has a dose of crunchy chia seeds, and gluten-free brownies have an extra chocolaty punch from cocoa nibs. With a DIY section for making your own nut butter, yogurt, coconut milk, and other basics, and more than 150 photographs, including step-by-step how-to images, A New Way to Bake is the next-generation home-baking bible.

Sober Curious

The Sirtfood Diet

400 Raw, Vegan & Gluten-free Recipes

Baby and Child Care

Le Mie Ricette Preferite

The Unofficial Harry Potter Cookbook

Would life be better without alcohol? It’s the nagging question more and more of us are finding harder to ignore, whether we have a “problem” with alcohol or not. After all, we yoga. We green juice. We meditate. We self-care. And yet, come the end of a long work day, the start of a weekend, an awkward social situation, we drink. One glass of wine turns into two turns into a bottle. In the face of how we care for ourselves otherwise, it’s hard to avoid how alcohol really makes us feel... terrible. How different would our lives be if we stopped drinking on autopilot? If we stopped drinking altogether? Really different, it turns out. Really better. Frank, funny, and always judgment free, Sober Curious is a bold guide to choosing to live hangover-free, from Ruby Warrington, one of the leading voices of the new sobriety movement. Drawing on research, expert interviews, and personal narrative, Sober Curious is a radical take down of the myths that keep so many of us drinking. Inspiring, timely, and blame free, Sober Curious is both conversation starter and handbook—essential reading that empowers readers to transform their relationship with alcohol, so we can lead our most fulfilling lives.

A New Way to Bake

The Book of Ice Creams & Sorbets

Delizia!

Il piccolo libro delle ricette da 10, 20 e 30 minuti