



# Comida Mexicana Vegetariana (Spanish Edition)

*Elizabeth Lua Morfin*

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Comida Mexicana Vegetariana es un nuevo enfoque en la alimentación saludable conservando los sabores originales de los alimentos. La comida mexicana ya tiene ese sabor y aroma, y no es la carne la que hace que los platillos que sean buenos, más bien los condimentos, las especias, y el amor que le ponemos al cocinar. Así que los invito a dejar su alma y corazón en la cocina. Ponte el mandil, escucha tu música favorita y diviértete como nunca antes. Los invito a preparar mis recetas favoritas y que las disfruten.

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