

Pasticceria Vegana

Cheers to Vegan Sweets Kelly Peloza.2013-11-01 This innovative vegan baking book features 125 deliciously fun drink-inspired dessert recipes. It's a cookbook that takes readers on a delicious tour of cafés, cocktail bars, and lemonade stands, where all the drinks come in dessert form. Imagine your morning vanilla hazelnut mocha re-imagined as a muffin, or relax on the beach with a margarita biscotti, or stop by the bar and order your brew in Guinness cake form. Instead of sipping your drink, now you can indulge in it! Author and vegan baker extraordinaire Kelly Peloza has carefully formulated each recipe to deliciously highlight the flavors of its drink counterpart. From Apple Cider Doughnuts to Chai Spice Baklava to Gingerbread Stout Cake, you'll be amazed at how deliciously well your sips transform into sweet, satisfied—and vegan!—bites. And with alcoholic- and non-alcoholic recipes, you're sure to find something perfect for every party and special occasion.

I dolci della salute Simone Salvini.2013-05-16 È possibile creare una pasticceria priva di prodotti e derivati di origine animale sana e gustosa? La risposta non può essere che Sì. Le torte, i biscotti, le creme con ingredienti vegan, quando sono realizzati con amore e con attenzione, possono stupire e sorprendere sia sul piano gustativo che su quello salutistico. Uova, latte, burro e miele sono, in pasticceria, degli ingredienti utilizzati di frequente tanto da rendere non di rado le ricette pesanti. In quest'opera viene presentata una pasticceria leggera e moderna fatta con farine integrali, oli vegetali spremuti a freddo e con zuccheri non raffinati. Ad esempio i Pan di Spagna sono preparati con l'olio extravergine di oliva o altri grassi vegetali, le creme sono realizzate con latte di frutta secca al naturale (nocciole e mandorle in particolare). Grande attenzione viene data agli zuccheri; non viene usato lo zucchero bianco e al suo posto sono utilizzati dolcificanti più naturali come lo zucchero di canna integrale, i malti di cereale, lo sciroppo di datteri. La pasticceria vegana, preparata con ingredienti naturali, non appesantisce la nostra struttura psico-fisica e fornisce un alimento equilibrato. Finire un pasto con un dolce leggero non spaventa più, e non genera sensi di colpa! La scelta del dessert diventa così un momento all'insegna della salute e del gusto.

La connessione - Virus, sfruttamento animale e alimentazione Vegolosi.2020-04-12 Il nostro obiettivo non deve essere tornare alla normalità, perché una normalità vera non c'è mai stata. Rimettere al centro il nostro rapporto con la natura della quale facciamo parte è il primo obiettivo da perseguire sia a livello personale che politico. Prima, però, è necessario capire quello che sta accadendo: la diffusione pandemica di un virus come il Covid-19 è profondamente collegata al nostro rapporto come specie umana con gli animali e con l'ambiente. Ecco perché la redazione giornalistica di Vegolosi.it ha realizzato questo instant eBook che verrà aggiornato con nuovi contenuti e interviste nel corso del tempo e nel quale abbiamo raccolto tutte le informazioni necessarie per comprendere come il nostro modo di alimentarci a livello globale sia il punto centrale del problema attuale. Un problema da affrontare e risolvere. Nel libro troverete interviste, interventi e valutazioni di decine di scienziati, filosofi, etologi ed esperti che hanno messo in chiaro la connessione fra le nostre scelte alimentari, lo sfruttamento animale e quello del pianeta. "La connessione" è un libro che chiarisce in modo lineare e coordinato questo legame, con l'obiettivo di cambiare il nostro approccio a quello che mangiamo e al nostro stile di vita.

Ricette per l'inverno 100% vegetali Vegolosi.2019-10-24 Una raccolta delle 260 migliori ricette vegane invernali di Vegolosi.it: antipasti saporiti, primi piatti, zuppe e vellutate, nonché secondi piatti assolutamente gustosi e dolci senza uova e burro perfetti per riscaldarsi e coccolarsi nei mesi freddi dell'anno. Non mancano tante idee per le feste e il menu vegan di Natale con 30 ricette da portare in tavola! Tutte testate, fotografate e assaggiate personalmente dalla redazione del magazine di cucina vegana più autorevole e visitato d'Italia, le ricette contenute in questo ebook di più di 500 pagine sono semplici e pensate soprattutto per chi è curioso di scoprire la cucina 100% veg con ingredienti facilmente reperibili anche al supermercato: non importa che siate carnivori, vegetariani o vegani, siete i benvenuti!

COOKIES E BISCOTTI VEGANI - L'Opéra della Pasticceria Vegana Alessia Luisa.2020-11-11

Questo libro è una mini raccolta digitale di Cookies e Biscotti Vegani, con ricette facili e veloci ma deliziose. COSA CONTIENE IL LIBRO: 10 RICETTE DI COOKIES E BISCOTTI: 1- CHOCO CHIPS COOKIES 2- COOKIES CURCUMA E CHOCO CHIPS 3- COOKIES NOCCIOLA MORBIDI 4- COOKIES PISTACCHIO 5- COOKIES S'MORES - CIOCCOLATO E MARSHMALLOWS 6- COOKIES NOCCIOLA CHEEWY 7- BISCOTTI OLIO D'OLIVA E CREMA ALLA VANIGLIA 8- FROLLINI 9- OCCHIO DI BUE CON CONFETTURA 10- DIAMANTINI ZENZERO E CANNELLA -Ogni procedimento contiene IMMAGINI per facilitare l'apprendimento della ricetta. -Tutte le ricette sono spiegate passo passo con CONSIGLI e TRUCCHI. -Descrizioni dettagliate sui PRODOTTI utilizzati. -CONSULTING: per ogni dubbio o domanda potete contattarmi sulle piattaforme social (FB e Instagram)

Vegolosi MAG #12 Vegolosi.2021-05-01 Vegolosi MAG è il mensile digitale per chi vuole imparare a cucinare 100% vegetale senza nessuna rinuncia e in modo facile grazie alle ricette della chef Sonia Maccagnola; un giornale per chi vuole informarsi sul mondo che cambia con inchieste, interviste e approfondimenti realizzati dalla nostra redazione con esperienza decennale su questi temi. Il mensile ti propone solo contenuti esclusivi che non vengono pubblicati online. Cosa trovo nel numero di Maggio? RICETTE: 20 idee facili, originali e inedite (non le troverai mai online su Vegolosi.it) create dalla nostra chef Sonia per godersi gli ingredienti di stagione per una cucina 100% vegetale, sana e piena di gusto SPECIALE: il menu delle nutrizioniste! Un team di professioniste dell'alimentazione ci regala una ricetta a testa per un menu, dalla colazione al secondo piatto, per stare bene e sentirsi in forma. CHEEK TO CHEEK: la rubrica in cui chef Sonia racconta segreti e trucchi per cucinare meglio. Questo mese: abbinare spezie ed erbe in cucina! INCHIESTE: lo spreco alimentare è uno dei grandi motori del collasso climatico. Nel 2019 sono stati 931 milioni le tonnellate di alimenti gettati nel cestino, senza essere consumati, il 17% del totale disponibile a livello globale. Nella nostra inchiesta scopriamo perché questo accade e come fare, ogni giorno, per evitarlo. ATTUALITÀ: che cos'è il bodyshaming e che cosa significa comprendere la diversità senza giudicarla e renderla uno stigma? Una lunga chiacchierata con Chiara Meloni (a.k.a. Chiaralascura), attivista e autrice del libro Belle di faccia insieme alla collega e amica Mara Mibelli, fra stereotipi, cultura del corpo, antispecismo e miti da abbattere. ANTROPOLOGIA: che cosa abbiamo dimenticato della nostro rapporto con quello che siamo? Perché immaginiamo la "Natura" come qualcosa di altro da noi, di decorativo, "da salvare" come se non dovessimo, in realtà, salvare noi stessi? Intervista al professore di Antropologia, Mauro Van Aken, sul suo saggio Campati per aria. ANIMALI: immense, maestose, docili, spettacolari, le balene sono un mondo che, in realtà, non conosciamo, animali fondamentali per la biodiversità marina ma anche per combattere il cambiamento climatico. NATURA: l'Italia è, in Europa, una delle nazioni con il patrimonio boschivo e forestale più ampio e in espansione, eppure "lasciare che le foreste aumentino" non è la soluzione più semplice per l'ambiente: ne sare un'attenta gestione. Scopriamo insieme le foreste vetuste italiane e come dovrebbero essere tutelate. LIBRI: immersi nella "crescita" senza controllo? Anche se sembra, così non è. Secondo Danny Dorling, geografo sociale e studioso, quello che sta accadendo è esattamente il contrario: stiamo rallentando e questo potrebbe essere davvero un bene. Parliamo insieme del suo nuovo libro Rallentare. La fine della grande accelerazione e perché è un bene. NUTRIZIONE: con la dott.ssa Denise Filippin, biologa nutrizionista esperta in alimentazione a base vegetale, scopriamo tutto sulle fragole.

Voilà Vegan Amanda Bankert.2023-08-22 Plant-based sweets adored by even the most discerning pastry lovers, from an American pâtissière in Paris Since 2016, Amanda Bankert has been the surreptitious purveyor of vegan treats in the world's most butter-obsessed city: Paris. It started with donuts; Bankert, an American expat, brought the first artisanal versions of the stateside delicacy to France with her bakery, Boneshaker, in the 2nd arrondissement. Boneshaker then expanded from donuts, to brownies, to French desserts like macarons and profiteroles—all made without dairy or eggs—and the Parisians who devoured her wares didn't even notice. Now, with over eighty-five entirely plant-based but still decadent recipes, Bankert shares the cakes, cookies, candies, and drinks that have fooled and enthralled her patrons, as well as delightful stories from her kitchen and

travels. Using both American and French techniques, dig into secretly vegan breakfasts like Banana Tarte Tatin French Toast and Pumpkin Cake Donuts; gâteaux de voyage (travel-friendly cakes) such as Signature Salted Caramel & Roasted Peanut Brownies; and classically French treats, including Crêpes Suzette and Raspberry-Chocolate Macarons. Voilà! Vegan dessert is served.

Dolci vegolosi. Piccolo manuale di pasticceria vegana: tutte le basi e tante facili ricette
Vegolosi.it.2022

Vegan Revolution Roberto La Paglia.2016 Essere Vegani non è essenzialmente un codice di comportamento alimentare, si tratta principalmente di un modo di porsi rispetto al mondo che ci circonda, una diversa visione delle strutture che regolano la nostra vita, un diverso parametro con il quale osservare le leggi che regolano l'universo ed esserne finalmente partecipi. Il Veganismo, per quanto tutti si sforzino di presentarlo come tale, NON E' una dieta e neanche una moda, si tratta di un cammino verso la consapevolezza di se stessi, il primo passo verso il Cambiamento, quel sentimento che porta ognuno a riappropriarsi della propria identità e uscire fuori dagli schemi.

Decadent Gluten-Free Vegan Baking Cara Reed.2014-08-05 Shares recipes for more than one hundred gluten-free baked goods featuring such foods as almond milk, soy butter, coconut oil, and nut creams instead of eggs and dairy products, including children's favorites, desserts, breads, and frostings.

Vegolosi MAG #10 Vegolosi.2021-03-01 Vegolosi MAG è il mensile digitale per chi vuole imparare a cucinare 100% vegetale senza nessuna rinuncia e in modo facile grazie alle ricette della chef Sonia Maccagnola; un giornale per chi vuole informarsi sul mondo che cambia con inchieste, interviste e approfondimenti realizzati dalla nostra redazione con esperienza decennale su questi temi. Il mensile ti propone solo contenuti esclusivi che non vengono pubblicati online. Cosa trovo nel numero di Marzo? RICETTE: 20 idee facili, originali e inedite (non le troverai mai online su Vegolosi.it) create dalla nostra chef Sonia per godersi gli ingredienti di stagione per una cucina 100% vegetale, sana e piena di gusto INCHIESTE: sapete cosa state indossando? E se i vestiti fossero un enorme veicolo di inquinamento? Scopriamo insieme il lato nero della fast fashion e chi sono gli imprenditori e i creativi che provano a cambiare le regole. CIBO E SALUTE: cibi ultra-processati, additivi e ausiliari tecnologici: a cosa dobbiamo fare attenzione? INTERVISTE: il progetto di Geraldine Starke libera gli animali dallo sfruttamento e gli allevatori da un lavoro che non vogliono più fare. Refarm'd converte gli allevamento intensivi in produzioni agricole che fungono anche da santuario per gli animali. Ci ha raccontato la sua storia. ATTUALITÀ: in Italia esiste un laboratorio universitario che sta lavorando alla carne in vitro, è il primo nel suo genere e punta ad eliminare qualsiasi tipo di sfruttamento animale anche nei processi più complessi. Abbiamo incontrato il professor Biressi e il professor Conti per farci raccontare che cosa stanno studiando. LIBRI: Michael Greger è il più famoso dottore del mondo esperto in nutrizione 100% vegetale, il suo sito nutritionfacts.org è fra i più letti e seguiti. Nel suo libro Contro le diete offre una analisi di un'accuratezza mai vista prima si che cosa significhi davvero "mettersi a dieta" (e no, non dovete rinunciare a nulla). APPROFONDIMENTI: gli alberi sono protagonisti della storia dell'umanità e non solo, senza di essi la nostra vita sul pianeta non sarebbe possibile. Fra l'ipotesi di garantirgli dei diritti, letteratura, scienza, poesia ed arte, ecco cosa non sappiamo di questo straordinari abitanti del pianeta. NUTRIZIONE: con la dott.ssa Denise Filippin, biologa nutrizionista esperta in alimentazione a base vegetale, scopriamo tutto del lievito alimentare.

Pasticceria vegana. Piaceri di gola senza latte, burro e uova Renate D. Schmidt-Mann.2015-05

Vegan Desserts Susy Ryes.2021-04-28 □ 55% OFF for Bookstores! NOW at \$ 32.95 instead of \$ 39.95! LAST DAYS □ Do you want to lose weight with vegan desserts? This vegan baking cookbook includes the most delicious hand-picked vegan baking recipes, that are easy to make and contain no dairy or meat products. If you want to make mouthwatering chocolate chip cookie recipes without eggs, or a delicious cheesecake without real cheese, then you will love the recipes in this vegan cookbook! There are many great reasons to try the vegan diet, this cookbook gives you another reason for choosing the vegan diet. The vegan diet is one of the most popular diet programs that is believed to have many potential health benefits. This kind of diet primarily aims to eliminate animal

products. Vegans only consume plants and plant products such as fruits, vegetables, grains, and legumes. Vegan dieters follow a strict plan that contains 100% plant-based ingredients and recipes. This book covers: - Introduction To The Vegan Diet - Vegan Ice Cream Recipes - Cookies and Bars - Cakes and Cupcakes - Pies, Pastries, and Tarts - Spoon Desserts - No-Bake Desserts - Sweet Staples And much more!!! All the recipes in this book use ingredient that are easily available in any vegan household. So, if you have midnight cravings or need to whip something up quickly, you don't need to rush to your nearest supermarket! ☐ 55% OFF for Bookstores! NOW at \$ 32.95 instead of \$ 39.95! LAST DAYS☐ You Will Never Stop Using this Awesome Cookbook! Buy it NOW and get addicted to this amazing book

Libro Di Cucina Vegana Per I Dessert Emma Price.2021-03-20 LA PASTICCERIA VEGANA RESA ANCORA PIÙ SANA E ALTRETTANTO DELIZIOSA Stanco di dolci fatti con ingredienti altamente lavorati e ricchi di calorie? Quello che mangi ti fa sentire in colpa? Allora dite addio ai preparati per torte in scatola. I dolci puliti, sani e deliziosi sono più facili da preparare di quanto si possa pensare. Questo libro include: - Torte, Crostate E Pasticcini - Crostata Di Mele Alle Mandorle - Pasticcini Alla Fragola - Gelato Al Cioccolato E Nocciola - Gelato Allo Zucchero Di Canna Burroso - Gelato Ai Fagioli Neri - Sorbetto Di Mela Al Rosmarino - Sorbetto Di Fragole E Champagne - Semifreddo Al Limoncello - Crème Brûlée - Budino Di Riso Alla Vaniglia E Prugna - Budino Di Tapioca - Budino Di Quinoa - Tiramisu - Gelatine, Frutta E Salse - Cachi Alla Griglia - Pepite Di Mandorle Al Cioccolato - Caramello Al Burro Di Arachidi - Biscotti Dolci Al Mais - Amaretti Alla Cannella - Bocconcini Di Cioccolato Alle Arachidi - Marmellata Di Lamponi E Chia - Frullato Di Torta Di Mele - e tanto altro! Imparare la cucina vegana non è mai stato così facile e delizioso. Goditi le tue ricette e clicca sul pulsante Acquista ora!

Vegan Chocolate Fran Costigan.2013-10-22 An author, baking instructor and vegan offers recipes for chocolate desserts and treats including cakes, brownies, truffles, pudding and ice creams that are dairy-free, organic and fair-trade including Brooklyn Blackout Layer Cake, a Sacher Torte and Moon Pies.

Clean Vegan Desserts Christine Cheng.2021-02-20 Satisfy your sweet tooth with delicious, decadent vegan desserts From cakes and candies to puddings, bars, and beyond—you can whip up magical, mouthwatering desserts without using dairy or eggs. Whether you've embraced a plant-based lifestyle or you're living with an egg or dairy allergy, the CLEAN VEGAN DESSERTS will show you how simple and satisfying vegan desserts can be! No matter your skill level, you're sure to find sweet success with this dessert cookbook. Master practical techniques, including troubleshooting tips and ways to enhance your desserts. The Clean Vegan Desserts includes: - Ice Cream And Gelato - Puddings And Custards - Tiramisu - Jellies, Fruits, And Sauces - Cherry Vanilla Compote - Classic Candies - Lollipops Or Hard Candy - Caramels - Marzipan - and much, much more! Taste how much better baking without butter can be with these creative and dairy-free delicacies!

Dolci VEGolosi Vegolosi.it.2015-09-17T00:00:00+02:00 Un volume con tante proposte di golosità senza uova, burro, latte... dedicato ai vegani, ma anche a chi vuole scoprire un modo sano e naturale di concedersi dolci e rimanere in forma. Spiegazioni chiare e dettagliate per ottenere sicuri risultati. Approfondimenti sui principali ingredienti: le farine, i lieviti, i liquidi, i grassi vegan, i dolcificanti, gli addensanti... Come sostituire burro e uova e ottenere un pan di Spagna soffice, una crema pasticciera aromatica, delle friabili meringhe! Più di 50 ricette gustose e facili da realizzare: dalle basi della pasticceria vegana a pasticcini con crema di mele, mousse di tofu e fragole, muffin con limone e semi di chia, grandi classici come il panettone vegan... Tanti consigli, box con i trucchi da rubare, curiosità e abbinamenti con meravigliosi tè per ogni dolce. Torte e crostate, Biscotti e pasticcini, Dolci al cucchiaino, Muffin, Senza glutine e Occasioni speciali: all'interno di ogni capitolo troverete la ricetta più amata dagli utenti online e il guizzo dello chef, una golosità che Cristiano Bonolo ha deciso di creare seguendo le sue sensazioni. vegolosi.it è il primo magazine online di cucina e cultura vegetariana e vegana. Diretto da Federica Giordani, ospita tantissime ricette realizzate dallo chef Cristiano Bonolo, lasciando spazio anche a notizie, video e libri. La redazione di Vegolosi.it organizza eventi, workshop, corsi di cucina e partecipa con laboratori e show cooking a

varie manifestazioni sui temi veg. Con Gribaudo hanno già pubblicato, nel 2014, il loro primo libro, Vegolosi.

Vegan Desserts Hannah Kaminsky.2013-11-01 Featuring more than one hundred simple but scrumptious recipes, *Vegan Desserts* offers alternatives to treats that are normally heavily laden with butter, eggs, and other animal products. With an emphasis on fresh fruits, vegetables, and herbs, this is a cookbook that any dessert lover will enjoy. Kaminsky insists that fresh, local produce—at the peak of ripeness—offers incomparable flavors that cannot be replicated with any amount of sugar, salt, or any baking extracts. As a result, her creative recipes will appeal to health-conscious bakers (all recipes are low in cholesterol and many feature natural sweeteners and whole grains), though even the sweetest sweet tooth among us will be more than satisfied by these tantalizing treats. From luscious lemon mousse and roasted apricot ice cream to black velvet cupcakes and almond chocolate blossoms, readers will find exciting new desserts as well as 100 percent-vegan versions of old favorites. Clear, precise directions guide readers through every step, and a mouthwatering photo accompanies each recipe. Golden saffron pound cake, no-bake pumpkin crème brûlée, black pearl truffles, chai poached pears, apricot frangipane tart—this cookbook has something for every dessert lover.

Pasticceria Vegana Senza Glutine Barbara De Filippis.2016-12-16 Un raccolta di ricette dolci di tutti i tipi, dalle torte, ai biscotti, ai cupcake, ai dolci al cucchiaio, e fino ai dolci crudisti. Tutte le ricette sono vegane e senza glutine, facili da preparare... e soprattutto da mangiare!

130 Vegan Recipes Dessert Emma Price.2021-02-20 Indulge in 130 vegan, no-refined-sugar recipes made with nutrient-dense ingredients! Clean, wholesome, delicious desserts-they're easier to make than you might think. Tired of desserts made with highly processed ingredients and empty calories that leave you feeling guilty? Then say goodbye to boxed cake mixes. This book includes: - Tarts, cobblers, and pastries - Ice cream and gelato - Puddings and custards - Jellies, fruits, and sauces - Classic candies - Fruit-based candies - Cookies and other familiar favorites - Classic-style sweets - Snack bars and granola - Fruity treats - Shakes and other drinks - and much, much more! Complete with photographs, 130 VEGAN RECIPES DESSERT will change the way you feel about dessert! Learning vegan baking has never been easier or more delicious.

Vegolosi MAG #11 Vegolosi.2021-03-29 Cosa trovo nel numero di Aprile? RICETTE: 20 idee facili, originali e inedite (non le troverai mai online su Vegolosi.it) create dalla nostra chef Sonia per godersi gli ingredienti di stagione per una cucina 100% vegetale, sana e piena di gusto SPECIALE PASQUA: il menu inedito per portare in tavola antipasto, primo, secondo e dolce senza crudeltà! CHEEK TO CHEEK: la rubrica in cui chef Sonia racconta segreti e trucchi per cucinare meglio. Questo mese: come organizzare al meglio il meal prep? INCHIESTE: che cosa sono le abitudini e come influenzano il nostro modo di scegliere cosa mangiare? Insieme al premio Pulitzer Charles Duhigg, alla dottoressa Benedetta Raspini e allo psicologo Luca Mazzucchelli, indaghiamo i meccanismi della mente per non diventarne schiavi. STORIA: forse il nome di Rachel Carson non vi dice molto, eppure questa ricercatrice e biologa, negli anni Sessanta con il suo libro Primavera Silenziosa, scoprì i danni del DDT sugli esseri viventi e sull'ambiente, e diede vita al movimento ecologista a livello mondiale. ANIMALI: che cosa è successo agli animali che chiamiamo "da allevamento"? In quale modo li abbiamo trasformati rendendoli animali incapaci di vivere in natura? Insieme al veterinario Enrico Moriconi e all'etologo Francesco De Giorgio parliamo di responsabilità umana e di selezione artificiale. ATTUALITÀ: il nuovo libro di Bill Gates ripercorre in un'ampia panoramica la situazione tecnologica e l'avanzamento della ricerca sui temi legati alla crisi climatica. Quali sono le strategie da mettere in atto subito e quali le prospettive per il futuro? LIBRI: quasi sicuramente avrete visto Jurassic Park, ma quanti di voi sanno che il libro di Michael Crichton dal quale Steven Spielberg trasse il suo campione d'incassi, è un manifesto ecologista contro la ferocia dell'uomo contro la natura? NUTRIZIONE: con la dott.ssa Denise Filippin, biologa nutrizionista esperta in alimentazione a base vegetale, scopriamo tutto degli asparagi. e in più... La rubrica ZERO WASTE: come possiamo fare davvero fare una raccolta differenziata in modo corretto? E quali sono i punti critici a cui fare attenzione? Lo scopriamo questo mese insieme. Il meglio delle

NOTIZIE dall'Italia e dal mondo su animali, ambiente e alimentazione. Tanti SUGGERIMENTI NUTRIZIONALI per le ricette redatti dalla dottoressa Benedetta Raspini, biologa e nutrizionista. La rubrica L'ORTICELLO a cura di Giovanna Lattanzi di Ortostrabilia, che ci guida a diventare ottimi pollici verdi: questo mese parliamo della pianta del frutto della passione! La rubrica STO UNA CREMA a cura della dottoressa Lorenza Franciosi, consulente nutrizionale che ogni mese ci porta a scoprire un falso mito sul rapporto fra forma fisica e alimentazione vegan: questo mese parliamo del ruolo delle proteine e di come gestirle nell'alimentazione sportiva (e non solo) 100% vegetale. E poi, dulcis in fundo, il nostro Oroscoorridge! Un cucchiaino di humor condito con un pizzico di stelle.

Pasticceria vegana Dunja Gulin.2014

VEGAN DESSERT COOKBOOK Emma Price.2021-02-20 **VEGAN BAKING MADE EVEN HEALTHIER—AND JUST AS DELICIOUS** The classic cookies, cakes, and pies in Vegan Dessert Cookbook have been transformed into better-for-you versions of themselves that still taste fantastic. Most vegan baking includes refined sugar and other processed foods, but these recipes are made with only natural, whole food, plant-based ingredients. So you can be kind to your body while still indulging in decadence. Whether you're vegan, or just in search of a healthier way to enjoy your favorite sweets, Vegan Dessert Cookbook shows you how to create cookies with chickpea flour, oil-free apple pie, and dozens of other vegan baked goods that you'll love to eat and be proud to serve. Vegan Dessert Cookbook is: Easy as pie—Bake each recipe to perfection with simple instructions, and notes on prep time, cook time, and all the necessary tools. Vegan, naturally—Learn the science behind swapping sweeteners, omitting oil, and picking plant-based—without sacrificing flavor. Tips and tricks—Get pointers on recipe variations, ingredient substitutions, serving suggestions, and more. and much, much more! Experience natural vegan baking that's as flavorful as it is good for you with Vegan Dessert Cookbook.

Vegan Divas Cookbook Fernanda Capobianco.2013-10-08 The Vegan Divas Cookbook is a beautiful, elegant, and delicious cookbook full of healthy, cruelty-free fare from Fernanda Capobianco, owner of the Vegan Divas Bakery in New York City. Fernanda began her confectionary career as a manager and owner of the Payard Restaurant and Pastry shops in Rio de Janeiro. In The Vegan Divas Cookbook she makes vegan cooking easy and accessible, with more than 75 recipes for sweet and savory dishes without butter, eggs, or refined sugars and flour, accompanied by dozens of color photographs. Unlike many vegan cookbooks that rely heavily on grains and nuts, her fresh and wholesome recipes offer all the benefits of a plant-based diet, plus a light and healthy dose of flavor. In The Vegan Divas Cookbook, Fernanda guides you step-by-step through the basics of plant-based cooking and baking, offering tips for stocking a healthier pantry and easy swaps to replace animal-based oils and fats for healthier, lighter dishes. Discover the secrets to her coveted low-cal desserts, including remakes of familiar classics like Chocolate Chip Cookies and show-stopping treats like Lime-Raspberry Cheesecake Pie. Go guilt-free with savory lunches like Spiced Red Lentil and Coconut Milk Soup, and stay low-fat and full-fiber with hearty loaf breads (some gluten-free) such as Jalapeno Corn Bread.

Dolce la vita! Ricette di pasticceria vegana per chi non si accontenta Daniela Trinca.2023

Aquafaba Vegolosi.2020-01-30 La guida completa per meringhe, dolci e ricette salate 100% vegetali con l'ingrediente più magico che ci sia Scopriamo insieme cos'è l'aquafaba, come si ottiene dai legumi secchi e come usarla in cucina: quale utilizzare? la proporzione per sostituire le uova trucchetti per montarla al meglio conservazione Le 20 ricette vegane di questo ebook sono tra le migliori selezionate da Vegolosi.it, sia dolci sia salate: dalle meringhe alla maionese, dai pancake alle cheesecake ai nuggets e alla farifrittata. Queste pagine vi permetteranno di moltiplicare le vostre possibilità in cucina facendo a meno di qualsiasi prodotto di origine animale: c'è da scoprire un mondo incredibile e tutto nuovo!

Chloe's Vegan Desserts Chloe Coscarelli.2013-02-19 Chef Chloe, the first vegan winner of Cupcake Wars, brings her signature creativity and fun to the best part of every meal: Dessert! CHEF CHLOE'S first all-dessert cookbook, Chloe's Vegan Desserts, will satisfy your sweet tooth from morning to night with more than 100 recipes for cakes and cupcakes, ice cream and doughnuts and

pies—oh my! And you just will not believe these delicious dishes are vegan. You can start the day with New York-Style Crumb Cake, light and zesty Lemon Poppy Seed Muffins, luscious Chocolate Babka, or decadent Tiramisu Pancakes (topped with a dollop of cool Coconut Whipped Cream). Here, too, are more than a dozen inventive, innovative, irresistible cupcake recipes, including Chloe's Cupcake Wars' Award-Winning Chocolate Orange Cupcakes with Candied Orange Peel, saffron- and cardamom-spiced Bollywood Cupcakes, and rich and boozy Chocolate Beer Cupcakes with Irish Whiskey Buttercream. Chloe's got you covered for the holidays with her Easy Apple Pie and Absolutely Perfect Pumpkin Pie, Holiday Trifle, Nuts for Hot Cocoa, and Pumpkin Spice Latte. She re-creates classic desserts and treats from Chocolate Chip Cookies to Classic Crème Brûlée, and veganizes store-bought favorites with her Oreo-style Chloe O's, Pumpkin Whoopie Pies, Animal Cookies, and Black-and-White Cookies—which are better (and healthier) than what you'll find at the grocery store. Chloe also serves up brand-new triumphs like her dreamy Lemon Olive-Oil Cake, Rosemary Ice Cream with Blueberry Sauce, Coconut Cream Pie, Chocolate Cream Pie, Coconut Sorbet with Cashew Brittle, and good-to-the-last-drop milkshakes. Who can possibly resist? Go ahead and lick that spoon—there are no worries when you bake vegan! With gorgeous color photography, clever tips, and a comprehensive section on vegan baking basics to get you started, Chloe's Vegan Desserts will be your new vegan dessert bible.

Let Them Eat Cake Gesine Bullock-Prado.2015-03-03 Have your cake and eat it too with the celebrity baker's indulgent desserts—each accompanied by alternative healthy, gluten-free, and vegan versions! This cookbook features recipes for more than eighty delicious, indulgent cookies, pies, cakes, and more—along with proven swap-outs that give the option of making each dessert healthy, gluten-free, and vegan. In today's allergy-prone and health-obsessed world, there are times when the refined sugar, eggs, wheat, or butter in our favorite treats just won't cut it. Let Them Eat Cake includes classic recipes in all their extravagant glory, as well as the secrets to making three alternative versions of each one. From a Fudgy Chocolate Bundt and Maple Madeleines to Meyer Lemon Mile High Pie and Banana Split Ice Cream, this collection of cookies, muffins, brownies, pies, and cakes proves that, no matter your preferences, no dessert is off-limits.

New Vegan Baking Ana Rusu.2023-01-17 Plant-Based Baking Just Reached a Whole New Level of Flavor Reawaken your love for all things sweet and become a master of modern plant-based baking. Through this carefully curated and visually stunning recipe collection, Ana Rusu guides you in using vegan ingredients to create mouthwatering, ultra-satisfying baked goods and no-bake treats for you and your loved ones. Ana's recipes pair rich flavors with delicate fruits and aromatic herbs for desserts with beautifully balanced taste and luscious texture, such as: • Dulce de Leche Bundt Cake with Chocolate Glaze • Chocolate, Chili & Sea Salt Cookies • Lemon Posset Tart with Raspberry and Whipped Cream • Chantilly & Diplomat Cream with Tropical Fruit Cake • Gluten-Free Upside-Down Sour Cherry Cake with Crème Anglaise While the flavors may sound advanced, Ana's recipes use simple and easy-to-follow instructions, complete with home chef tips to help inexperienced bakers achieve success. With 60 spectacular vegan treats spanning six flavor-forward chapters—Chocolate & Caramel, Fruit, Citrus, Spice, Coffee, Nuts & Seeds and Booze—plus stunning photography with every recipe, every page will fill you with inspiration to pull out the measuring cups and bring sweetness to your day.

50 Vegan Recipes Christine Cheng.2021-02-20 Satisfy your sweet tooth with delicious, decadent vegan desserts From cakes and candies to puddings, bars, and beyond—you can whip up magical, mouthwatering desserts without using dairy or eggs. Whether you've embraced a plant-based lifestyle or you're living with an egg or dairy allergy, the 50 VEGAN RECIPES will show you how simple and satisfying vegan desserts can be! No matter your skill level, you're sure to find sweet success with this dessert cookbook. Master practical techniques, including troubleshooting tips and ways to enhance your desserts. The 50 Vegan Recipes includes: - Classic Candies - Chocolate Almond Nuggets - Strawberry Pistachio Truffles - Fruit-Based Candies - Sugar Plums - Cookies And Other Familiar Favorites - Coconut Cream Tarts - Pumpkin Muffins - Banana Nut Muffins - Chocado Pudding - Classic-Style Sweets - Snack Bars And Granola - Chocolate Granola - Fruity Treats -

Shakes And Other Drinks - Carrot Cake Smoothie - Piña Colada - and much, much more! Taste how much better baking without butter can be with these creative and dairy-free delicacies!

Vegolosi MAG #7 Vegolosi.2020-11-27 Vegolosi MAG è la rivista digitale mensile di Vegolosi.it, magazine online di cucina e cultura 100% vegetale. Cosa trovo nel numero di Dicembre? - RICETTE: 20 ricette originali create dalla nostra redazione per godersi gli ingredienti di stagione per una cucina 100% vegetale, sana e piena di gusto. - IL MENU DI NATALE ESCLUSIVO: antipasto, primo, secondo, contorno e dolce, il nostro menu di Natale 2020 ispirato dalla tradizione ma in chiave 100% vegetale con idee facili, gustose ideate dalla chef Sonia Maccagnola e dalla redazione di Vegolosi.it. - INCHIESTE: cosa sappiamo degli affettati vegetali? Quale deve essere il loro ruolo nella nostra alimentazione? Sono davvero così proteici? Sono meglio o peggio dei loro "originali" dal punto di vista nutrizionale? Una nuova inchiesta con l'approfondimento nutrizionale della dott.ssa Silvia Goggi. - STORIE: la scrittrice Gabrielle Filteau-Chiba ci porta con due romanzi nelle foreste del Canada dove è "scappata" per interrogarsi su attivismo, natura e violenza. Scopriremo con lei che ogni catastrofe è illuminata. - INTERVISTE: sapete che ogni due respiri, uno ci viene regalato dall'oceano? Insieme all'oceanoografo Sandro Carniel scopriamo quello che non immaginavamo sui mari, sul loro ruolo per la nostra vita e perché dobbiamo salvarli. - CULTURE: in Giappone la cucina vegetale si chiama Shojin ryori e non è solo un modo di scegliere gli ingredienti. Scopriamo questa antichissima tradizione grazie al suo massimo esperto mondiale, il monaco buddhista e chef Toshio Tanahashi. - NUTRIZIONE: con la dott.ssa Denise Filippin, biologa nutrizionista esperta in alimentazione a base vegetale, scopriamo come evitare le abbuffate delle feste e come rimediare se proprio non abbiamo saputo resistere. e in più... - La rubrica ZERO WASTE - Il meglio delle NOTIZIE dall'Italia e dal mondo su animali, ambiente e alimentazione - Tanti consigli di lettura e i suggerimenti nutrizionali della dietista

Naturally Sweet Vegan Treats Marisa Alvarsson.2018-10-23 Have Your (Naturally-Sweetened) Cake and Eat It Too Satisfy your sweet tooth the healthy way with these delicious plant-based treats free from refined sugar and artificial sweeteners. Each recipe is sweetened with natural alternatives like nuts, coconut, spices, vegetables, fruit, maple syrup and coconut sugar, so you can indulge without worrying about unhealthy, chemical additives. Savor decadent desserts like Chocolate Celebration Cake, sweetened only with fruit and sweet potato. Or quickly whip up easy no-bake options like date-sweetened Mocha Balls. For a sweet start to your day, try breakfast dishes like Pumpkin Spice Pumpkin Pancakes, sweetened with spices, coconut oil and a little bit of maple syrup, or Pear and Blackberry Breakfast Pastries, sweetened with coconut sugar and homemade jam. Naturally Sweet Vegan Treats's recipes aren't just healthier swaps, but great-tasting versions of all your favorites desserts. All 85+ recipes are 100 percent vegan, and many have gluten-free options or can be adapted for those who suffer from nut allergies or gluten intolerances—because everyone in your life deserves to have a sweet and wholesome treat.

DELICIOUS VEGAN DESSERTS Jane Brace.2021-02-06 55% OFF for Bookstore! Discounted Retail Price NOW at \$ 23.95 instead of \$ 34.95 ! Easy, quick and delicious recipes to make desserts for all occasions! Is it possible to bake desserts without milk, eggs, butter or any kind of animal by-product? And how! By following Jane Braces's recipes, not only will we make a gift to our health and our figure, but we will also discover new flavors, unprecedented combinations of foods and ingredients little used or forgotten. Discovering the secrets to delight the palate, satisfy the desire for sweetness without weighing us down and feeling light. So let us be guided by the author's expert hand and by the simple and immediate explanations for making spoon desserts, fruit cakes and traditional pastries, perhaps with the use of natural sweeteners, which satisfy the desire for sweetness without hurting and help us keep our weight under control. Accompanied by beautiful photographs by the author, DELICIOUS VEGAN DESSERTS is the perfect book to impress family and friends with original recipes... Even if they are not vegan: -)! BUY IT NOW AND LET YOUR CUSTOMERS GET ADDICTED TO THIS AMAZING COOKBOOK!

Il Vegano per tutti Lucia Giovannini, Giuseppe Cocca, Cucina BioEvolutiva.2015-04-09T00:00:00+02:00 Un manuale di facile lettura che illustra tutti i vantaggi,

sia fisici che psicologici, di una dieta vegana. Adatto sia per chi è già vegano, sia per chi lo vuole diventare. Il libro, inoltre, contiene un ricettario con ben 100 ricette senza cibi di origine animale. La mia vita in verde Simone Salvini.2016-03-21 Cosa spinge un giovane di belle speranze, avviato alla carriera sportiva e che ha conseguito gli allori universitari, ad appassionarsi di cucina e alimentazione naturale per diventare poi uno dei più bravi e preparati chef di cucina vegetariana, vegana e ayurvedica? In questo libro Simone racconta per intero il suo cammino, dall'infanzia alla maturità, che lo ha portato con studio, pazienza e talento a diventare il grande cuoco che è oggi. Grande esperto di alimentazione naturale, soprattutto vegana e ayurvedica, Simone unisce nel suo lavoro abilità e conoscenza, curiosità intellettuale e studio approfondito delle culture orientali. E non ha paura di rimettersi continuamente in gioco per provare nuove strade. Tutto questo è raccontato in un libro dove le vicende personali sono strettamente legate alle scelte professionali, e dove incontri, passioni, emozioni e volontà concorrono a creare un percorso esemplare di impegno e costanza per arrivare all'obiettivo Perché anche il lavoro più bello e più appassionante presuppone sempre fatica, impegno, studio e sudore, e soprattutto cuore e cervello. A ogni capitolo, dedicato a un diverso periodo della sua vita, Simone unisce una ricetta, legata a quel particolare momento e al filo dei suoi ricordi. Chiudono il libro quattro menu stagionali, con cui Simone ci regala un ulteriore tocco di sapore e bontà.

Basta diete! Veronica Bignetti.2024-03-20 Stai provando, da ieri, o da tutta la vita, a controllare quello che mangi. Rinunci al piacere di un dolce per non esagerare, e quando cedi alla tentazione arriva prontamente il senso di colpa. Vorresti che il tuo corpo fosse diverso, di poco o di molti chili, perché non ti sembra adeguato, o perché senti di dover proprio perdere peso per ragioni di salute. Metterti a dieta sembra l'unica soluzione per migliorare, ma non ne puoi più dello stress, delle rinunce e dei fallimenti. E se non fossi tu a fallire, ma le diete a non funzionare? Se ci fosse un'altra strada, opposta al controllo, che porta dritta verso il benessere? In *Basta Diete!* Veronica Bignetti - pioniera in Italia dell'alimentazione intuitiva, un approccio di sperimentata efficacia - ci mostra come liberarci dalla mentalità da dieta per abbracciare la fiducia nell'autoregolazione dei bisogni e arrivare a una salute matura, gentile e autodeterminata. All'inizio è difficile disimparare le regole che abbiamo interiorizzato per tutta la vita, ma questo libro unisce alla scienza il racconto di esperienze e testimonianze personali, e soprattutto tantissimi esercizi, domande di autovalutazione e spunti pratici che ci accompagneranno attraverso i dieci principi dell'alimentazione intuitiva. Per stabilire un rapporto rivoluzionario, e finalmente sano, con il proprio corpo, il cibo, il piacere di mangiare. E arrivare a un risultato incredibilmente gratificante: stare bene nella propria pelle.

Easy Vegan Baking Daniela Lais,Jerome Eckmeier.2018-10-09 Get ready for scrumptious, sweet and savory vegan treats that just about everyone can eat! This is your foolproof guide to decadent, delicious, and dairy-free vegan baking. From cakes and muffins to pizza and bread, bake up all your favorite dishes without using eggs, milk, or butter. Inside the pages of this plant-based baking book, you'll discover: • Over 80 recipes for vegan baked goods that you'll love to eat and be proud to serve. • Easy-to-source and inexpensive ingredients that can be found in your local supermarket. • Straightforward techniques, easy-to-follow instructions and vegan baking tips. From raspberry cake to spinach quiche and spicy muffins, transform your plant-based diet with guilt-free vegan recipes that ooze, crunch, crumble and melt just like their originals. Whether you're vegetarian, vegan or suffering from intolerances, this vegan baking book serves up dishes sure to hit your sweet spot or savory craving! *Vegan Cakes and Other Bakes* proves that you don't need animal-based ingredients to create baking wonders. It's packed with vegan cooking advice on how you can easily make plant-based alternatives to butter, cream and eggs. Every recipe has a stunning photo of the finished bake, giving you the inspiration you need to start baking vegan snacks, mains and desserts!

VEGAN BAKING FOR BEGINNERS Christine Cheng.2021-02-20 Satisfy your sweet tooth with delicious, decadent vegan desserts From cakes and candies to puddings, bars, and beyond—you can whip up magical, mouthwatering desserts without using dairy or eggs. Whether you've embraced a plant-based lifestyle or you're living with an egg or dairy allergy, the *VEGAN BAKING FOR BEGINNERS* will show you how simple and satisfying vegan desserts can be! No matter your skill

level, you're sure to find sweet success with this dessert cookbook. Master practical techniques, including troubleshooting tips and ways to enhance your desserts. The Vegan Baking for Beginners includes: - Toppings: Frostings, Glazes - Caramel Sauce - Drop Cookies - Classic Chocolate Chip Cookies - Pecan Sandies - Cocoa Macaroons - Rolled And Shaped Cookies - Vanilla Wafers - Chocolate Wafers - Holiday Spritz - Bars - Cherry Almond Biscotti - Blondies - and much, much more! Taste how much better baking without butter can be with these creative and dairy-free delicacies!

Belgrado e la Serbia Piero Pasini, Marco Patrioli. 2017-11-24T00:00:00+01:00 "Fiumi maestosi, città effervescenti dove le culture s'incontrano e si confrontano e un mondo rurale dal fascino cinematografico: la Serbia regala emozioni intense, che si tratti di un trekking o di una notte tra le luci di Belgrado" (Piero Pasini, autore). Lonely Planet vi porterà nel cuore della Serbia con esperienze straordinarie e itinerari indimenticabili. Sarà il vostro passaporto per i consigli aggiornati su cosa vedere e cosa fare: godetevi la vivacità di Belgrado da un estremo all'altro, dalle antichità ottomane ai grattaceli di Novi Beograd, dai ritmi lenti di un caffè turco servito in una kafana ai balli sfrenati sugli zatteroni fluviali fino al mattino, dalla visita ai musei alle nuotate nella Sava.

Passeggiate tra le stradine e le case della fiabesca Subotica, a nord della Serbia, scoprite il mondo delle comunità rurali sui pendii delle Alpi Dinariche, prendete il trenino Sargan Eight all'interno del Parco Nazionale di Tara, con la Bosnia a due passi e le Alpi che fanno da cornice, vi sembrerà di poter comprendere i Balcani. In questa guida: esperienze straordinarie: foto suggestive, i consigli degli autori e la vera essenza dei luoghi. Gli strumenti e gli itinerari per pianificare il viaggio che preferisci. Scelte d'autore: i luoghi più famosi e quelli meno noti per rendere unico il tuo viaggio. Itinerari panoramici; il Danubio nel dettaglio; attività all'aperto; la cucina serba. Contiene: Belgrado, Vojvodina, Serbia occidentale e Šumadija, Serbia orientale e meridionale.

Rawsome Vegan Baking Emily von Euw. 2014-03-04 Make Undeniably Delicious and Eye-Catching Raw, Vegan and Gluten-Free Treats Emily Von Euw, creator of the popular blog This Rawsome Vegan Life, makes treats that are so phenomenal and so stunning they should be considered masterpieces. Oh yeah, and they're raw, vegan AND gluten-free. So whether you're a vegetarian, a raw vegan or even a meat-lover just looking for something healthy, new and delicious, this book has something for you. Emily's popular blog won the Vegan Woman's 2013 Vegan Food Blog Award, was named one of the Top 50 Raw Food Blogs of 2012 and is nominated for Favorite Blog for the 2013 VegNews Veggie Awards. Every recipe is accompanied by a photograph so you can see each brilliant sweet before you eat. Emily's beautiful and easy-to-make recipes, like her Peppermint Chocolate Molten Lava Cakes, S'mores Cupcakes and Go-Nuts Donuts with Frosting & Fruit Sprinkles, are so tasty that you won't even realize they're vegan. Quite simply, Rawsome Vegan Baking will wow your taste buds and impress your friends and family with new great tastes in dessert.

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