



Delicias crudas (ILUSTRADOS INTEGRAL) **(Spanish Edition)**

David Côté, Mathieu Gallant

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La base esencial de una alimentación viva

Delicias crudas es el libro estandarte del movimiento canadiense *Crudessence*. Propone el descubrimiento de una nueva y deliciosa manera de cocinar, abierta a todas las personas que quieran incorporar recetas sanas y sabrosas a su alimentación y aprender a comer mejor.

Vegana y sin gluten, la alimentación viva evita la cocción para conseguir sabrosos platos de gran poder nutritivo y desintoxicante. En el menú: terrina de nueces pecanas al eneldo, velouté de espinacas con pistachos, ensalada azteca, tarta de lima y aguacate... y una gran variedad de manjares que convertirán cada comida en un momento para disfrutar. Además, en este libro también es posible encontrar numerosas recetas de panes, tentempiés y bebidas vivificantes que ayudarán a mantener un alto nivel de energía durante toda la jornada.

David Côté

Autodidacta, erudito de la nutrición, chef de alimentación viva y terapeuta de shiatsu. Es cofundador y presidente de *Crudessence*, además de profesor en la Academia de la Alimentación Viva, la escuela de cocina de *Crudessence*.

Mathieu Gallart

Cocinero inspirado y también profesor de yoga y meditación. Es cofundador de *Crudessence* y director de la Academia de la Alimentación Viva.

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