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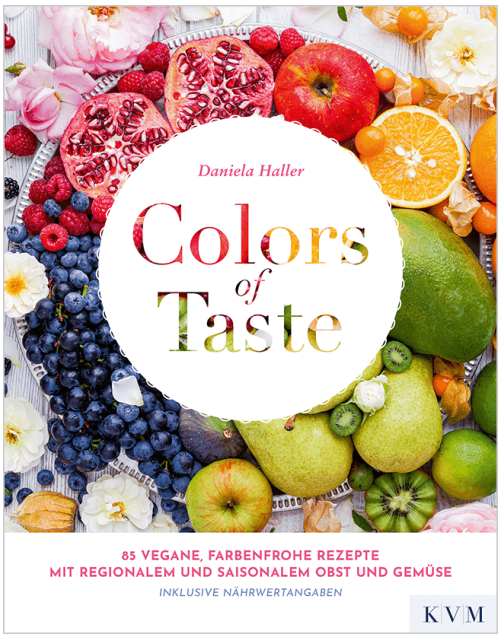

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Book information

Authors: Daniela Haller

Title: Colors of Taste

Subtitle: 85 vegan, colorful recipes with local and seasonal fruits and vegetables

Short text:

In this book, the reader will find 85 vegan and colorful recipes that will inspire everyone to bring more fruits and vegetables to the table. Especially in today's world, it is very important to eat foods that are local, in season, and full of vitamins. Health and personal well-being should be at the center of our food choices.

The author invites all readers to leave their comfort zone and dive into and experiment with a more colorful, diverse cuisine. Based on the slogan: "The eye also eats," the author also presents many exciting food styling tips.

Categories: Guide Health & Nutrition