



Cucina naturale. Ricette semplici e veloci per una corretta alimentazione (Italian Edition)

Roberta Graziano

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Ma, come diceva lo scrittore francese François VI, duca di La Rochefoucauld, principe di Marcillac, "Mangiare è una necessità, mangiare intelligentemente un'arte", e lo scopo di questo libro è proprio quello di raccogliere delle semplici ricette, tutte con ingredienti della dieta mediterranea, che permettono di mangiare in maniera sana senza però perdere il gusto del buon cibo.

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