

## ***Ricette Vegan Guida Illustrata Alla Cucina Vegetale***

**Dedicated to all women who recognize Frenchwomen as genuine style models, this book is an appealing, pocket-size guide to French style and glamour, with 100 practical and concrete tips and delightful photos and sketches. Seven years after the success of the style guide Parisian Chic by Inès de la Fressange, Sophie the Parisian offers a fresher, wider, and more varied guide to French style. The Parisian woman is considered a female role model by definition: classical in taste, but independent and dynamic; elegant and sophisticated at times, feminine and seductive, but not vulgar; attentive to what she wears and taking care of her body, but without excessive vanity; and who has sophisticated and original but simple taste. Food lover and partygoer, she focuses on the quality of food rather than on her shape. Fond of natural beauty, and without plastic surgery, she doesn't try to hide the signs of aging, which she wears with pride. Sophie the Parisian doesn't take herself too seriously and uses a well-balanced mix of charm, great taste, and irony--three typical traits of the modern Frenchwoman--to cover topics ranging from fashion to the well-being of the body, from looks to health, from cooking to decoration: everything that makes the French joie de vivre a role-model lifestyle worldwide.**

**Throughout time, people have chosen to adopt a vegetarian or vegan diet for a variety of reasons, from ethics to economy to personal and planetary well-being. Experts now suggest a new reason for doing so: maximizing flavor -- which is too often masked by meat-based stocks or butter and cream. The Vegetarian Flavor Bible is an essential guide to culinary creativity, based on insights from dozens of leading American chefs, representing such acclaimed restaurants as Crossroads and M.A.K.E. in Los Angeles; Candle 79, Dirt Candy, and Kajitsu in New York City, Green Zebra in Chicago, Greens and Millennium in San Francisco, Natural Selection and Portobello in Portland, Plum Bistro in Seattle, and Vedge in Philadelphia. Emphasizing plant-based whole foods including vegetables, fruits, grains, legumes, nuts, and seeds, the book provides an A-to-Z listing of hundreds of ingredients, from avšav? to zucchini blossoms, cross-referenced with the herbs, spices, and other seasonings that best enhance their flavor, resulting in thousands of recommended pairings. The Vegetarian Flavor Bible is the ideal reference for the way millions of people cook and eat today -- vegetarians, vegans, and omnivores alike. This groundbreaking book will empower both home cooks and professional chefs to create more compassionate, healthful, and flavorful cuisine.**

**From the heraldry of the four Hogwarts houses to the extravagant wares of Weasleys' Wizard Wheezes, the world of Harry Potter overflows with radiant color. Featuring artwork from the hugely successful Harry Potter Coloring Book and Harry Potter Creatures Coloring Book, this special poster collection features twenty stunning, one-sided prints that are perfect for coloring. From fan-favorite characters and scenes to creatures and gorgeous patterns inspired by the wizarding world, each detailed illustration is printed on high-quality card stock and can be easily removed for displaying. Includes two EXCLUSIVE images that you can't find in any of the other coloring books!**

**This is really the EASIEST COOKBOOK IN THE WORLD. Every recipe has less than four steps and fewer than six ingredients, illustrated with more than 1,000 user-friendly photographs. No wonder it is an overnight international bestseller! Want a quick answer to "What should I eat?" Simple-with its clean design, large type, straightforward photos, and handy icons-will have you enjoying a meal in minutes. Through combinations of basic flavors and fresh ingredients, chef, food photographer, and cookbook author Jean-François Mallet helps anyone, the novice and gourmand alike, prepare tasty time-saving meals. His "at-a-glance" approach will change your relationship with your kitchen. You'll find yourself whipping up dishes as varied as Thai-Basil Beef, Saffron Risotto, Mozzarella and Fig Skewers, Salmon and Lentil Salad, Jumbo Shrimp Curry, and Pistachio and Cherry Cookies**

**Le Mie Ricette Preferite**

**Comfort Eating with Nick Cave**

**Delicious and Healthy Vegetarian Recipes for Every Day**

**Recipes for a modern vegetarian lifestyle**

**V Is for Vegan**

**The Easiest Cookbook in the World**

**Istanbul Cult Recipes invites you to explore an ancient and captivating city through its cuisine - a vast gastronomic culture spanning centuries and influences, from Europe, Central Asia and the Mediterranean. Istanbul's long-standing love affair with food is reflected in the delicacies on offer at all hours of the day and night. The streets of restaurants, cafes and street vendors - each selling their version of dishes beloved throughout Turkey: addictive street food; elegant and contemporary restaurant cuisines; healthy dishes cooked in homes across the country. The recipes mirror this diversity. Take your pick of lively Turkish breakfasts; linger over delectable little plates of meze; learn to make breads and kebabs sold from the city's food carts, and master the art of making sweets such as baklava, helva and, of course, the unctuous Turkish delight. With some of the author's favourite food destinations, and profiles on some of the city's proprietors and chefs, let Istanbul Cult Recipes envelop you in its passion for Turkish food. Cecilia Granata grew up cooking with her family in Italy. As a vegan, she learned to adapt her favorite recipes from around the country to be animal free while retaining the feeling of true Italian home cooking. She shares her commitment to ethical and artful eating in this alphabetically-arranged volume with over 100 recipes, ranging from**

to homemade liquors to aphrodisiacs—all "senza sofferenza," without suffering. The recipes are lushly illustrated with Granata's food-inspired tattoo art.

Delicious, nutritious and healthy vegetarian and vegan food, inspired by flavors from around the world, from the Green Kitchen Stories family. The Green Kitchen Stories and their children are a family who love to travel. Hungry to see and taste more of the world, they embarked on an around-the-world trip with their seven-month-year indulgent almond pumpkin waffles from San Francisco, tuck into a raw beansprout pad thai from Thailand for lunch, and a Sri Lankan vegetable curry for supper. With clear ingredients and simple instructions, these recipes are sure to be a success. With stunning photography and food styling, as well as personal anecdotes and images from Green Kitchen Travels shares modern and inspiring vegetarian, vegan and gluten-free recipes for all appetites.

"On their first venture out from their den, two black bear cubs are instructed in proper behavior by their mother and learn to trust their senses. The youngsters discover climbers (to escape danger), searchers (for honey), swimmers (for food and fun), diggers (of roots to eat), and sleepers."--School Library Journal.

The Little Book of Cacti and Other Succulents

The Green Kitchen

Essential Ottolenghi [Two-Book Bundle]

Atlas of Cursed Places

Sophie the Parisian

Martha Stewart's Cooking School (Enhanced Edition)

- Ninety-four delicious recipes for Italy's answer to fast food - Chef Alessandro Frassica emphasizes the use of fresh ingredients in imaginative combinations What could be more simple than a pan'ino? Take some bread and butter, slice it through the middle and fill it. Seen in this way, the sandwich is almost an "anti-cuisine", a nomadic shortcut that allows for speed and little thought. But when Alessandro Frassica thinks about his pan'ino, he considers it in a different way, not as a shortcut, but as an instrument for telling stories, creating layers of tales right there between the bread and its butter. Because even if the sandwich is simple, it is not necessarily so easy to create. Alessandro searches for ingredients, and in the raw foods he finds people: producers of pecorino cheese from Benevento, anchovies from Cetara, 'nduja spicy salami from Calabria. Then he studies the combinations, the consistencies and the temperature, because a pan'ino is not just a random object; savoury must be complemented by sweet; tapenade softens and provides moisture; bread should be warmed but not dried; thus the sandwich becomes a simple way of saying many excellent things, including finding a complexity of flavours that can thrill in just one bite.

For the first time in one elegant collector's edition hardcover, and featuring an introduction by New York Times bestselling author Terry Brooks, here are the first three novels of that classic series: The Sword of Shannara, The Elfstones of Shannara, and The Wishsong of Shannara—the beginning of a phenomenal epic of good and evil. The Sword of Shannara Long ago, the wars of the ancient Evil ruined the world. In peaceful Shady Vale, half-elfin Shea Ohmsford knows little of such troubles. But the supposedly dead Warlock Lord is plotting to destroy everything in his wake. The sole weapon against this Power of Darkness is the Sword of Shannara, which can be used only by a true heir of Shannara. On Shea, last of the bloodline, rests the hope of all the races. The Elfstones of Shannara The magical Ellcrys tree is dying, loosening the spell that bars the Demons from enacting vengeance upon the land. Now Wil Ohmsford must guard the Elven girl Amberle on a perilous quest as she carries one of the Ellcrys' seeds to a mysterious place where it can be quickened into a powerful new force. But dark on their trail comes the Reaper, most fearsome of all Demons, aiming to crush their mission at any cost. The Wishsong of Shannara An ancient Evil is stirring to new life, sending its ghastly Mord Wraiths to destroy Mankind. To win through the vile growth that protects this dark force, the Druid Allanon needs Brin Ohmsford—for she alone holds the magic power of the wishsong. Reluctantly Brin joins the Druid on his dangerous journey. But a prophecy foretells doom, as Evil nurses its plans to trap the unsuspecting Brin into a fate far more horrible than death. Thus begins Terry Brooks's thrilling Shannara epic, an unforgettable tale of adventure, magic, and myth. BONUS: This edition contains an excerpt from Terry Brooks's The Measure of the Magic.

Ricette vegan. Guida illustrata alla cucina vegetale Comfort Eating with Nick Cave Vegan Recipes to Get Deep Inside of You

A celebration of beer—its science, its history, and its impact on human culture What can beer teach us about biology, history, and the natural world? From ancient Mesopotamian fermentation practices to the resurgent American craft brewery, Rob DeSalle and Ian Tattersall peruse the historical record and traverse the globe for engaging and often surprising stories about beer. They explain how we came to drink beer, what ingredients combine to give beers their distinctive flavors, how beer's chemistry works at the molecular level, and how various societies have regulated the production and consumption of beer. Drawing from such diverse subject areas as animal behavior, ecology, history, archaeology, chemistry, sociology, law, genetics, physiology, neurobiology, and more, DeSalle and Tattersall entertain and inform with their engaging stories of beer throughout human history and the science behind it all. Readers are invited to grab a beer and explore the fascinating history of its creation.

The Edible City

Pioneer, Go Home!

The Dietitian's Guide to Vegetarian Diets

We Are Bears

The Sword of Shannara Trilogy

A Natural History of Beer

*A career flavor scientist who has worked with such companies as Lindt, Coca-Cola and Cadbury organizes food flavors into 160 basic ingredients, explaining how to combine*

*flavors for countless results, in a reference that also shares practical tips and whimsical observations.*

*Atlas Obscura says this lushly illustrated New York Times bestselling guide to dozens of dangerous, eerie, and infamous locations is the perfect gift for "those who believe the world is still full of mysteries to investigate." Pick up the acclaimed Atlas of Cursed Places and visit the world's most nerve-wracking locations. With pithy historical profiles, vintage full-color maps, and haunting tales that will color your perspective (and send tingles down your spine), this is a clever gift for the intrepid traveler or armchair adventurer who wants to explore destinations both remarkable and daunting. Visit: a coal town where the ground is constantly on fire a Zambian national park where more than 8 million bats darken the skies the infamous suicide location of Aokigahara Forest near Mount Fuji the lesser-known Nevada triangle, in which dozens of aircraft have inexplicably disappeared Beautifully packaged and written with a twisty sense of humor, Atlas of Cursed Places puts your quirky side on the map.*

*"An illustrated vegan cookbook that humorously portrays Nick Cave eating delicious food.... and his feelings"--*

*Introducing three- to seven-year-olds to the "ABCs" of a compassionate lifestyle, V Is for Vegan is a must-have for vegan and vegetarian parents, teachers, and activists! Acclaimed author and artist Ruby Roth brings her characteristic insight and good humor to a controversial and challenging subject, presenting the basics of animal rights and the vegan diet in an easy-to-understand, teachable format. Through memorable rhymes and charming illustrations, Roth introduces readers to the major vegan food groups (grains, beans, seeds, nuts, vegetables, and fruits) as well as broader concepts such as animal protection and the environment. Sure to bring about laughter and learning, V Is for Vegan will boost the confidence of vegan kids about to enter school and help adults explain their ethical worldview in a way that young children will understand.*

*Three Crosses*

*A Year of Wild Food*

*The Juicing Bible*

*Raw*

*Traditional Italian Cooking for the Screwed, Crude, Vegan, and Tattooed*

*The ABCs of Being Kind*

First published in 1891, Pellegrino Artusi's *La scienza in cucina e l'arte di mangiar bene* has come to be recognized as the most significant Italian cookbook of modern times. It was reprinted thirteen times and had sold more than 52,000 copies in the years before Artusi's death in 1910, with the number of recipes growing from 475 to 790. And while this figure has not changed, the book has consistently remained in print. Although Artusi was himself of the upper classes and it was doubtful he had ever touched a kitchen utensil or lit a fire under a pot, he wrote the book not for professional chefs, as was the nineteenth-century custom, but for middle-class family cooks: housewives and their domestic helpers. His tone is that of a friendly advisor – humorous and nonchalant. He indulges in witty anecdotes about many of the recipes, describing his experiences and the historical relevance of particular dishes. Artusi's masterpiece is not merely a popular cookbook; it is a landmark work in Italian culture. This English edition (first published by Marsilio Publishers in 1997) features a delightful introduction by Luigi Ballerini that traces the fascinating history of the book and explains its importance in the context of Italian history and politics. The illustrations are by the noted Italian artist Giuliano Della Casa.

*"Deep in the Faraway Forest, the wolf was bored to tears. One day, he had an idea...he would travel the world!"--Back cover.*

The official Demeter Cookbook presents over 200 recipes, developed and collected by Swiss chef Hermann Spindler, for sauces, soups, hors d'oeuvres, salads, main dishes, puddings and desserts. It also features special recipes for casseroles and gratins, vegetables, quark (curd cheese) dishes, grain dishes, doughs, savoury and sweet pastries, muesli and drinks - interspersed with informative commentary on the value of spices. Since its foundation by Rudolf Steiner in 1924, the international biodynamic agricultural movement has produced high-quality, 'premium organic' food that is increasingly sought after and respected for its flavour, quality and nutritional value. The Demeter brand certifies that the product concerned has been grown and processed using verified biodynamic methods. Hermann Spindler has been head chef at the Lukas Klinik for many years, where his kitchen has gained an outstanding reputation. Alongside food preparation methods that conserve nutritional value, imaginative presentation of dishes and freshly prepared meals, the special nature of the Lukas cuisine is based on the careful selection of Demeter foods, local sourcing where possible, and seasonal use of ingredients. A selection of Spindler's delicious lacto-vegetarian, wholefood recipes - based on the core principles of anthroposophic nutrition - are collected here in an easy-to-use presentation.

A modern and fresh take on vegetarian, vegan, and raw food – now available in paperback for the first time *Raw*, by acclaimed Icelandic cook Solla Eiríksdóttir, was first published in 2016, when the concept of raw food was relatively new. Now a widely accepted route to healthy eating, her book features 75 healthy and delicious mainly raw recipes, introducing readers to an approach to ethical and sustainable eating that has found its way into the everyday diets of people around the world. Divided into five chapters – breakfast, snacks, light lunches, main dishes, and sweet treats – the book abounds with bright, fresh tastes such as turmeric tostadas, quinoa pizza, kelp noodles with tofu, and vegan vanilla ice cream.

*40+ Recipes Inspired by the Films*

*Vegan Recipes to Get Deep Inside of You*

*A Compendium of Pairings, Recipes and Ideas for the Creative Cook*

*UNO Cookbook. Ricette 100% veg semplici e gustose che fanno bene a noi, agli animali e al nostro pianeta*

*Recipes Based on Biodynamic Ingredients from the Kitchen of the Lukas Klinik*

***"I love my cats, " writes Sharon Gannon in this important book that promotes health and wellness for your companion animals. Yet, she says, "years after mad cow disease was linked to the cannibalistic feeding of cows to cows, rendered animals are still routinely used in some pet food and commercial feed. Cows, pigs, chickens, dogs and cats are innocently eating each other." Cats and Dogs Are People Too! sheds light on the commercial pet food industry and offers healthy alternatives. It explores how you can keep your animals healthy and eating nutritiously balanced food through diet and supplements without being alarmist or emptying your wallet. Sharon also explores the complex emotional lives of our cats and dogs and argues that the love they show to us needs to be met with equal responsibility on our part.***

**David Frenkiel and Luise Vindahl are the new faces of exciting vegetarian food. Their Green Kitchen Stories blog has a cult following and continually inspires people around the world to cook super-tasty, healthy vegetarian recipes using only natural ingredients. In The Green Kitchen they delight meat-eaters and non meat-eaters alike as they share over 100 of their favourite family recipes. Combining everyday pantry staples with fresh, in-season produce, David and Luise tell the stories of their family kitchen, affirming just how easy it is to create nourishing, well-balanced dishes on a daily basis. Learn how to whip up herb and asparagus frittata for breakfast, fennel and coconut tart for lunch, and beet bourguignon for a supper to share with friends. Have your cake and eat it too with the nutritious frozen strawberry cheesecake on a sunflower crust, or indulge in the double chocolate raspberry brownie. Discover an array of soups, salads, juices and small bites that are simple to make but bold in flavour and stunning in presentation. Start your love-affair with vegetarian eating with The Green Kitchen. Featuring gorgeous photography throughout, this beautiful cookbook will inspire everyone to cook and eat food that is good for the body and soul.**

**Musician and plant-based ambassador Moby shares his favorite creative and delicious vegan dishes Moby became vegan more than thirty years ago, when few people knew how to pronounce the word. Since then, vegan cuisine has flourished as the fastest-growing and most innovative cuisine on the planet. As a passionate animal rights advocate and also a food lover, Moby has helped fuel this evolution at his wildly popular restaurants. He is the original owner of the L.A. celebrity hotspot Little Pine, which showcases an elevated menu proving once and for all that vegan food is “all grown up” and the most delicious way to be eating today. Now Moby takes readers inside this special corner of Southern California with The Little Pine Cookbook, a collection of 125 recipes inspired by the restaurant's beloved dishes. Gateway recipes like Panko-Crusted Piccata will wow even the hardest-to-please meat lovers. And veg-forward small plates like Fried Cauliflower with Kimchi Aioli and go-to pastas like Orecchiette with Braised Leeks, Asparagus & English Peas will become back-pocket staples, no matter your diet. And didn't you know that desserts are healthier when they are vegan? Indulge in the simple pleasure of Butterscotch Pudding or the rich decadence of Chocolate Bread Pudding while feeling good about yourself and your contribution to a better planet. Whatever you're making, the spirit of Little Pine—of community, of sharing, and of giving—is in all these recipes, and they are here for you to savor every day.**

**The Dietitian's Guide to Vegetarian Diets, Third Edition highlights trends and research on vegetarian diets and translates the information into practical ideas to assist dietitians and other healthcare professionals in aiding their clients. Evidence-based and thoroughly referenced, this text addresses diets throughout the life cycle with chapters devoted to pregnancy and lactation, infants, children, adolescents, and the elderly, and highlights the benefits of using vegetarian diets in the treatment of hyperlipidemia, hypertension, type 2 diabetes, and obesity. Full of vital information on vegetarian nutritional needs and healthier, more satisfying diets, the Third Edition can be used as an aid for counseling vegetarian clients and those interested in becoming vegetarians, or serve as a textbook for students who have completed introductory coursework in nutrition.**

**The Heart of Yoga**

**Giornale della libreria**

**The Vegetarian Flavor Bible**

**Simple**

**A Travel Guide to Dangerous and Frightful Destinations**

**The Essential Guide to Culinary Creativity with Vegetables, Fruits, Grains, Legumes, Nuts, Seeds, and More, Based on the Wisdom of Leading American Chefs**

"The foodie book of the year" The Spectator "An inspiring book for city dwellers who pine for the bounty of a countryside hedgerow" Sunday Times 'The forager's magic trick; To conjure a meal out of seemingly nothing and ensure you never look the same way at a neglected green space again' Daily Telegraph 'I love the idea that I could pick up dinner from a local park rather than from a shop on the way home. A book about urban foraging could so easily have been worthy, but it's an entertaining read with recipes: get ready for nettle tempura...' Delicious magazine 'A man after my own heart.' Mark Hix 'That is the final act of the forager's magic trick. To conjure a meal out of seemingly nothing, and ensure you never look the same way at a neglected green space again' The Telegraph Once you start foraging, you'll never look at the city around you in the same way again. As we walk through the city with our headphones in or our eyes glued to screens, it's easy to forget that we are surrounded by wonderful things to eat. Our parks, pathways, gardens and wild spaces are crammed full of delicious, nutrient-rich plants; all we need to know is how to find them. From dandelions to winter cress, wild garlic to chickweed and ground ivy to water mint, this book takes us through a year of delicious, foraged food. Each entry is illustrated in colour to help you identify the plant and followed by a recipe using these remarkable ingredients. In The Edible City, urban forager John Rensten gives us the tools to identify, source and cook delicious food from the year-long bounty around us, whether that's nettle and three-cornered leek gnocchi, winter purslane pesto, or stinging nettle tempura. This account of a year of urban foraging is perfect for any nature lover or home cook looking for exciting new ingredients to experiment with.

This enhanced edition of Martha Stewart's Cooking School includes 31 instructional step-by-step videos and hundreds of color photographs that demonstrate the fundamental cooking techniques that every home cook should know. Imagine having Martha Stewart at your side in the kitchen, teaching you how to hold a chef's knife, select the very best ingredients, truss a chicken, make a perfect pot roast, prepare every vegetable, bake a flawless pie crust, and much more. In Martha Stewart's Cooking School, you get just that: a culinary master class from Martha herself, with lessons for home cooks of all levels. Never before has Martha written a book quite like this one. Arranged by cooking technique, it's aimed at teaching you how to cook, not simply what to cook. Delve in and soon you'll be roasting, broiling, braising, stewing, sautéing, steaming, and poaching with confidence and competence. In addition to the techniques, you'll find more than 200 sumptuous, all-new recipes that put the lessons to work, along with invaluable step-by-step photographs to take the guesswork out of cooking. You'll also gain valuable insight into equipment, ingredients, and every other aspect of the kitchen to round out your culinary education. Featuring more than 500 gorgeous color photographs, Martha Stewart's Cooking School is the new gold standard for everyone who truly wants to know his or her way around the kitchen.

Il miglior ricettario dove puoi scrivere le tue ricette preferite Vuoi conservare e organizzare tutte le tue ricette di famiglia? Il nostro ricettario è fatto per tutto ciò di cui hai bisogno. È il modo perfetto per organizzare tutte le tue ricette preferite in un unico posto. Lo amerai. È semplice, ben progettato, facile da usare, chiaro e ben organizzato. Riguardo questo ricettario: - Registra nelle 130 pagine le tue ricette preferite - Dimensione perfetta: 17.78 x 25.4 cm (7" x 10" in) - Copertina PREMIUM morbida e lucida - Stampato su carta bianca - Spazio extra per note aggiuntive Un grande regalo per i tuoi amici e familiari che amano cucinare e hanno bisogno di registrare e catalogare le loro deliziose creazioni culinarie

Massimo Bottura, the world's best chef, prepares extraordinary meals from ordinary and sometimes 'wasted' ingredients inspiring home chefs to eat well while living well. 'These dishes could change the way we feed the world, because they can be cooked by anyone, anywhere, on any budget. To feed the planet, first you have to fight the waste', Massimo Bottura Bread is Gold is the first book to take a holistic look at the subject of food waste, presenting recipes for three-course meals from 45 of the world's top chefs, including Daniel Humm, Mario Batali, Ren é Redzepi, Alain Ducasse, Joan Roca, Enrique Olvera, Ferran & Albert Adri à and Virgilio Mart í nez. These recipes, which number more than 150, turn everyday ingredients into inspiring dishes that are delicious, economical, and easy to make.

Bread Is Gold

The Official Harry Potter Baking Book

The Flavor Thesaurus

The Mixellany Guide to Vermouth & Other Aperitifs

Developing a Personal Practice

Ricette vegan. Guida illustrata alla cucina vegetale

***Stare bene con se stessi significa salute e serenità. E di conseguenza gioia e bellezza. Semplicità, creatività e leggerezza. Le caratteristiche alla base delle ricette che Giada Todesco ha pensato, perfezionato e raccolto in questo volume non sono semplicemente linee guida da adottare nella vostra cucina per ottenere piatti gustosi e di facile preparazione: sono i valori su cui è costruita la sua quotidianità. Così come Healthy is Beautiful non è soltanto un libro di cucina, o un programma televisivo che Giada conduce su Sky, ma una filosofia di vita, qui raccontata attraverso 50 ricette fit, veloci, senza uova e lattosio, gluten free, vegetariane o vegane, realizzate con l'uso di ingredienti alternativi ma di facile reperibilità e digeribilità come sciroppo d'acero, farina di farro, semi di chia, latte d'avena e molti altri. Un vero e proprio sistema di buone abitudini da mettere in pratica giorno dopo giorno per diventare persone - e consumatori - più consapevoli, per arrivare a sentirsi meglio con se stessi e con gli altri, e per scoprire come sia facile, già a partire dalle mura domestiche, prendersi cura di sé e degli altri. E come la vita, all'improvviso, possa avere tutto un altro sapore.***

***#1 NEW YORK TIMES BESTSELLER! Bake your way through Hogwarts School of Witchcraft and Wizardry! Inspired by the films, this is the ONE and ONLY official Harry Potter cookbook! Packed with over 40 recipes and gorgeous, eye-catching photography, this baking cookbook is a must-have for every Harry Potter fan.***

***Delight in 43 tasty recipes inspired by the Harry Potter films! From Pumpkin Patch Pies to Owl Muffins, Luna's Spectrespecs Cookies to Hogwarts Gingerbread, The Official Harry Potter Baking Cookbook is packed with mouthwatering recipes that will, dare we say, ... ensnare the senses. Host a Great Hall-inspired feast for your friends or delight in a portion for one. Includes recipes for all kinds of delicious baked goods, as well as nutritional and dietary information. This baking cookbook is great for everyone and includes gluten-free, vegetarian, and vegan recipes as well!***

***Experience Yotam Ottolenghi's wholly original approach to Middle Eastern-inspired, vegetable-centric cooking with over 280 recipes in a convenient ebook bundle of the beloved New York Times bestselling cookbooks Plenty More and Ottolenghi Simple. From powerhouse chef and author (with over five million book copies sold) Yotam Ottolenghi comes this collection of two fan favorites. These definitive books feature over 280 recipes—spanning every meal, from breakfast to dessert, including snacks and sides—showcasing Yotam's trademark dazzling, boldly flavored, Middle Eastern cooking style. Full of weeknight winners, for vegetarians and omnivores alike, such as Braised Eggs with Leeks and Za'atar, Polenta Chips with Avocado and Yogurt, Lamb and Feta Meatballs, Baked Orzo with Mozzarella and Oregano, and Halvah Ice Cream with Chocolate Sauce and Roasted Peanuts, Essential Ottolenghi includes: Plenty More: More than 150 dazzling recipes emphasize spices, seasonality, and bold flavors. Organized by cooking method, from inspired salads to hearty main dishes and luscious desserts, this collection will change the way you cook and eat vegetables. Ottolenghi Simple: These 130 streamlined recipes packed with Yotam's famous flavors are all simple in at least (and often more than) one way: made in thirty minutes or less, with ten or fewer ingredients, in a single pot, using pantry staples, or prepared ahead of time for brilliantly, deliciously simple meals.***

***The first yoga text to outline a step-by-step sequence for developing a complete practice according to viniyoga--yoga adapted to the needs of the individual. • A contemporary classic by a world-renowned teacher. • This new edition adds thirty-two poems by Krishnamacharya that capture the essence of his teachings. Sri Tirumalai Krishnamacharya, who lived to be over 100 years old, was one of the greatest yogis of the modern era. Elements of Krishnamacharya's teaching have become well known around the world through the work of B. K. S. Iyengar, Pattabhi Jois, and Indra Devi, who all studied with Krishnamacharya. Krishnamacharya's son T. K. V. Desikachar lived and studied with his father all his life and now teaches the full spectrum of Krishnamacharya's yoga. Desikachar has based his method on Krishnamacharya's fundamental concept of viniyoga, which maintains that practices must be continually adapted to the individual's changing needs to achieve the maximum therapeutic value. In The Heart of Yoga Desikachar offers a distillation of his father's system as well as his own practical approach, which he describes as "a program for the spine at every level--physical, mental, and spiritual." This is the first yoga text to outline a step-by-step sequence for developing a complete practice according to the age-old principles of yoga. Desikachar discusses all the elements of yoga--poses and counterposes, conscious breathing, meditation, and philosophy--and shows how the yoga student may develop a practice tailored to his or her current state of health, age, occupation, and lifestyle. This is a revised***

**edition of The Heart of Yoga.**

**Plenty More and Ottolenghi Simple**

**Cats and Dogs Are People Too!**

**The Savory Baker**

**Mama Tried**

**The Little Pine Cookbook**

**Science in the Kitchen and the Art of Eating Well**

The ultimate guide to savory baking using fragrant spices and herbs, fresh produce, rich cheeses and meats, and more Baking is about a lot more than just desserts. This unique collection, one of the few to focus solely on the savory side of baking, explores a multitude of flavor possibilities. Get inspired by creative twists like gochujang-filled puff pastry pinwheels or feta-studded dill-zucchini bread. And sample traditional baked goods from around the world, from Chinese lop cheung bao to Brazilian pão de queijo. Our flexible recipes let you keep things simple by often using store-bought doughs and crusts, or go all out and make them from scratch using our foolproof methods. No matter what kind of baker you are, you'll be inspired by the irresistible flavors, from everyday biscuits to showstopping breads, including: Quick breads, scones, biscuits, and pastries: Turn scones savory with panch phoran, an Indian spice blend with cumin, fennel, and mustard seeds. Bake the flakiest biscuits ever, packed with fresh sage and oozing with melty Gruyere. Even danish goes savory with goat cheese and Urfa chile. Tarts, galettes, and pies: Jamaican spiced beef patties or a flaky galette with corn, tomatoes, and bacon will be your new favorite lunch (or breakfast, or snack). Or make pizza chiena, the over-the-top Italian double-crust pie of eggs, cheeses, and cured meats. Batter and stovetop "bakes": Popovers bursting with blue cheese and chives dress up dinner, while bread pudding with butternut squash and spinach makes the brunch table. And savory pancakes are for anytime, whether you choose Chinese c?ngyóubing or Korean kimchi jeon. Flatbreads, pizza, rolls, and loaves: Try alu paratha, the Northern Indian potato-stuffed flatbread. Shape mushroom crescent rolls or a challah enlivened by saffron and rosemary. And for kids of any age, bake a pizza monkey bread. Every recipe has a photo you'll want to sink your teeth into, and ATK-tested techniques plus step-by-step photos walk you through rolling out pie and galette doughs; shaping breads and rolls; stretching pizza dough; and more.

Succulents and cacti make the perfect indoor plant pets. Inexpensive to purchase, easy to care for and resilient to the neglect of even the laziest of gardeners, growing these plants is virtually foolproof. Often small in size these plants are the ideal green solution for the city dweller, who has little time and only a small amount of space. However, there are so many different cultivars of cacti and succulents to collect - each with their own needs - that the watering, feeding, potting and general care can differ from plant to plant. The Little Book of Cacti and Other Succulents features a directory of 60 of the most popular varieties of cacti and succulents to own. The entry for each of the 60 plants is accompanied by a photograph and all the essential requirements for that variety in an easy-to-follow breakdown. This includes details on size, growth, spread and flowering, along with any extra tips on care for that specific plant. When given the right care, your cacti and succulents will thrive and grow. Additionally this book includes a general care section on everyday maintenance and potting, along with tips on how to deal with common pests and disease. This is a must-have guide for all cacti and succulent lovers, who already own or want to start a collection of these hardy little plants.

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Pan'ino, the (reduced Price)

The Demeter Cookbook

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