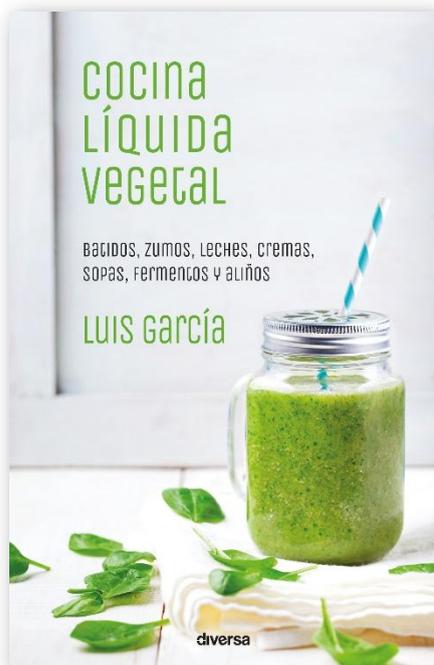




NON FICTION



COCINA LÍQUIDA VEGETAL

A new way of cooking, liquid vegetables

Luis García

Diversa Ediciones, June 2017 (160 pgs. full color).

COOKING / RECIPES / VEGANISM

More each day, our feeding is based in processed foods and meals, full of salt, taste enhancers and chemicals that steal the water of our body. Eating enough fruits and vegetables, mostly raw, seems incompatible with our modern lifestyle. That's why liquid vegetables have become a revolution in our society.

Smoothies and juices allow us to increase our fruits and vegetables consumption in an easy and healthy way, their benefits and as easy as they are to be prepared and transport, they are changing the life of thousands. But there's more, smoothies and juices, liquid vegetables, all of them are far more than you could think; veg milks, rawveg purees or cooked, soups, dressings, ferments. All of them good choices to increase the necessary contribution of liquid to our diet.

Almost 100 liquid recipes, easy to make and healthy.

A clean feeding, free of animal origin products, that will change your understanding of cooking.

A cuisine that takes care of you, but also of the planet; a cuisine that will change the world.

Luis García is a chef specialized in healthy vegetal cooking, his main goal is spreading a conscious lifestyle that includes a correct relation with animals. He has founded the cooking school Luis García Vegan Food Academy and he is director of a degree in professional vegan cooking. He advises and teaches restaurant staffs and is developing the rawvegan restaurant Klorofila.



NON FICTION



COCINA VEGANA PARA TODA LA FAMILIA

*VEGAN COOKING FOR THE WHOLE
FAMILY*

**Brandon Bender and Kate
Estivill**

Diversa Ediciones, April 2018 (146 pgs. full color).

COOKING / RECIPES / VEGANISM

¿Is it possible to cook an Spanish omelet with no eggs?, ¿or burgers using lentils instead of meat? Undoubtedly the answer is yes. Cooking without using animal origin products is much easier than you may think, the recipes on this book are a good example of what you can eat following vegan premises for an assorted and healthy diet day after day.

Cookies, smoothies for the youngest at home, oriental and British dishes and the most traditional ones, all from a new perspective.

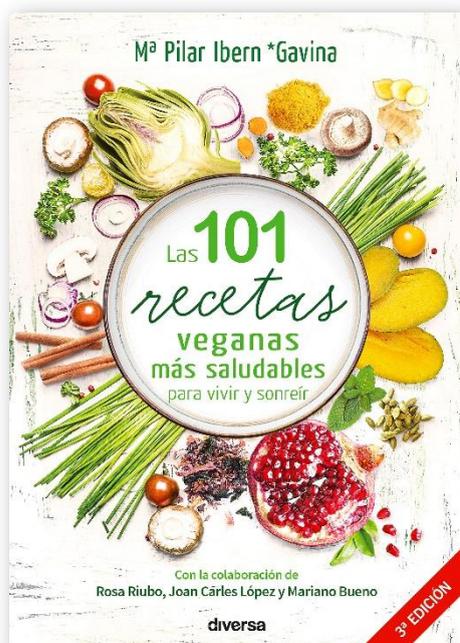
More than 50 easy recipes, inspiring and essential, to enjoy veganism in the family.

Brandon Bender y Kate Estivill, they live in Barcelona along with their two children and a cat called Steve. You could call them multicultural and that's reflected in their cooking, they love to give a try to dishes from all over the world. Brandon is from Johannesburg and lived many years in Brazil, Kate loves to play with new ingredients and their style could be defined as vegan-fusion. Seven years ago they adopted a life style full of compassion and respect: veganism, a decision that had a great impact in their lives and that took them to Barcelona where they found out his passion for cooking.

They host an Instagram community: @saludvegana



NON FICTION



LAS 101 RECETAS VEGANAS MÁS SALUDABLES PARA VIVIR Y SONREÍR

THE HEALTHIEST 101 VEGAN RECIPES TO LIVE AND SMILE

Mª Pilar Ibern Gavina

Diversa Ediciones, March 2018 (300 pgs. full color).

COOKING / RECIPES / VEGANISM

This book is full of tasty recipes. Moreover, therapeutic and full of energy ones. Is not only a book of healthy, ecological, veg and balanced recipes, but also something more; a good and precautionary feeding might be a wonderful way to take care of our health, as so it is to cook in a proper environment, enjoy the task and have a great time while doing it. This book, full of easy recipes, is also a guide to live healthier and with a smile for every day.

And Mariano Bueno has collaborated in its writing.

How to mix and ingest correctly the aliments.

Basic kit for a healthy pantry.

Guide to make daily menus and special ones, healthy, pleasant and creative.

Salads, purees, grains, vegetables, veg proteins, juices, sauces, desserts...

Mª Pilar Ibern Gavina (Mataró, 1964), started cooking when she was 6 years old and reaching 19 she took her first steps in ecological and hygienist nourishing. She's been teaching vegetarian cooking for thirty-three years and has written seven books about the issue, three of them awarded with the *Premio Gourmand Cookbook*. She appears regularly in different media and masters clinics and seminars. She also works as consultant and as an itchy chef her recipes are not only healthy and creative, but also multicultural since she uses knowledge and ingredients from all over the world.



NON FICTION



NUTRICIÓN ESENCIAL

ESSENTIAL NOURISHING

Estela Nieto and Iván

Iglesias

Diversa Ediciones, December 2017 (134 pgs. full color).

COOKING / RECIPES / VEGANISM

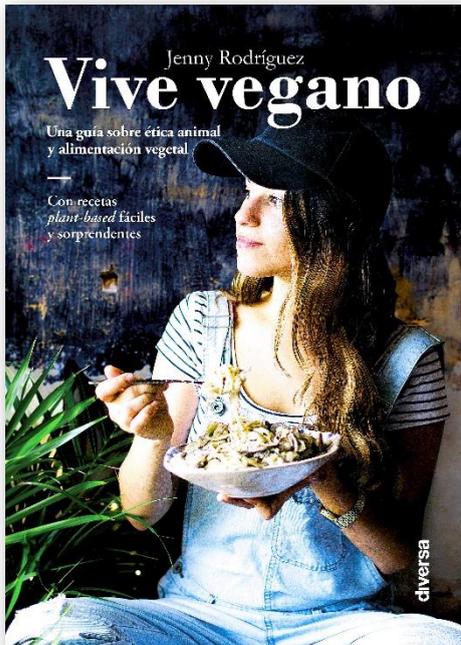
“Essential nourishing” blog hosts unfold for us in this book all their secrets to easily cook healthy and tasty dishes. Reading their work you’ll feel their passion for what they do and you’ll discover how open and assorted the vegan cooking might be. Have you ever run out of ideas and end up eating the same course once again? Along these pages you’ll find more than enough ideas, including pictures of every recipe, to make of your meals something out of monotony. A natural and modern nourishing, in accordance with current tendencies in veg cooking.

¿Can I cook a healthy and taste meal? Of course. ¿Is it difficult? Not at all. This book is full os easy doing and tasty recipes, free of processed products and without animal origin ingredients; full of ideas that will help you and cooking will not be something to do but something you will want to do. The goal is to eat in a healthy and responsible way, ¡but also enjoying it!

Estela Nieto e Iván Iglesia, he’s fully into healthy cooking and an expert in what’s called energetic cooking, rawvegan and nourishment, out of his hands and heart are the recipes that delight us. She is a psychologist, helps other women to have better relations with themselves and the food; she is also the creative one on the pair, photography and texts are hers. Both are vegan since 2010 and since 2011 they host the blog www.nutricionesencial.es. Also Instagram: @nutricion_esencial



NON FICTION



VIVE VEGANO

LIVE VEGAN

Jenny Rodríguez

Diversa Ediciones, October 2018 (200 pgs. full color).

RECIPES / VEGANISM

Gourmand World Cookbook Awards Vegan 2019

Since childhood we are taught that there are animals that we should love and animals that can be used or eaten, even though each new day more people starts to think otherwise and find in veganism a philosophy in accordance with their principles. But, is it easy to be vegan? where should one start?

Jenny Rodríguez became vegan at the age of seventeen and the blog she hosts, *Mis Recetas Veganas*, has become a light post of veg feeding. Out of her own experience, this book talks about why to become a vegan and gives strategies to lead us through the first steps, examples about what to eat on the beginning and a list with all the essential ingredients. Even more, it shows us some of the most tasty and healthy recipes you could imagine, not only for a regular day but also to amuse our guests or to be prepared in special occasions. Because, ¿who can resist a veg burger or a delicious Carbonara made of cashews.

Whether you are trying to reduce the rate of animal origin products or if you want to go all the way into veganism, this book will help you.

Jenny Rodríguez, she is a young barcelonese of 23 years. At 17 she decided that it was time to change radically her life and she started a blog to share with friends and family her daily meals and show the benefits of a vegan life. Little by little, the blog grew till becoming one of the best and most appraised blogs about veg cooking in Spain.