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Pues s3- es posible porque existen numerosas recetas vegetarianas o veganas adecuadas para fiestas y celebraciones, sabrosas y sin nada que envidiar a los t3-picos platos omn3-voros: pate de campa3a vegetal, cremas sofisticadas, seit3n relleno, lasa3as, pimientos rellenos, dulces de chocolate sin l3cteos, y mucho m3s.

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Recetas Jamal Rivera Pohl Karin Andrea Santis Donoso Edici3n Alejandro Steve Ayala Polanco Fotograf3as Karin Andrea Santis Donoso Internet Dise3o y Diagramaci3n Carolina Sandoval Cris3stomo ... vegano, que facilitara la adopci3n de su modalidad alimentaria, pero desde la realidad chilena y al alcance de todos.

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Qu3 es un vegano y qu3 un vegetariano. Un vegetariano es una persona que no consume productos para cuya elaboraci3n fue necesaria la muerte o el da3o a un animal. Es decir, no come carne ni pescado ni viste pieles de cuero ni nada por el estilo.

Cu3les son las diferencias entre vegetarianos y veganos

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