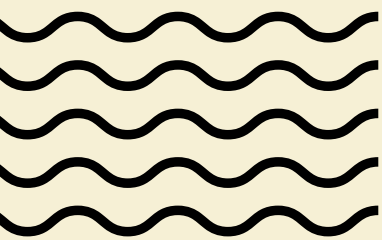


13 PLANT POWERED LENT RECIPES



By Ale Graf

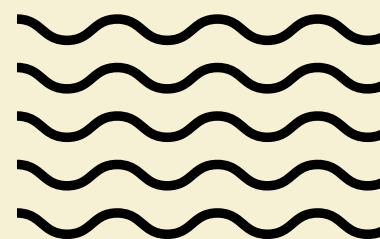




Welcome to our lent recipes magazine! Lent is a special time in the liturgical calendar that is observed by many religious traditions around the world. During this season, many people choose to adopt a simpler and more restricted diet, often including the elimination of meat and other animal products from their meals.

In this issue, we've gathered a wide variety of delicious and creative recipes that meet these restrictions and are perfect for the lenten season. From classic, comforting dishes to exciting new creations, there's something for everyone in these pages.

Whether you're looking for ideas for meatless meals on Fridays during lent, or simply want to explore new culinary options, we're confident you'll find something you love in this lent recipes magazine. Join us on this culinary journey and discover just how tasty this special time of year can be!





EASY ONE-POT PASTA WITH BROCCOLI



HIBISCUS FLOWER TACOS



MEDITERRANEAN CAULIFLOWER SALAD



MANGO VERDE SALAD



CRISPY VEGAN BEER BATTERED FISH TACOS



JACKFRUIT TINGA TACOS



VEGAN BIRRIA TACOS



KALE AND POTATO TACOS



VEGAN TACOS GOBERNADOR



DELICIOUS VEGAN AGUACHILE



POKE-BOWL WITH MANGO & SRIRACHA MAYO



TASTY POTATO CEVICHE VERACRUZ



VEGAN CEVICHE TOSTADAS



TOMA FOTOS QUE DEN HAMBRE

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