

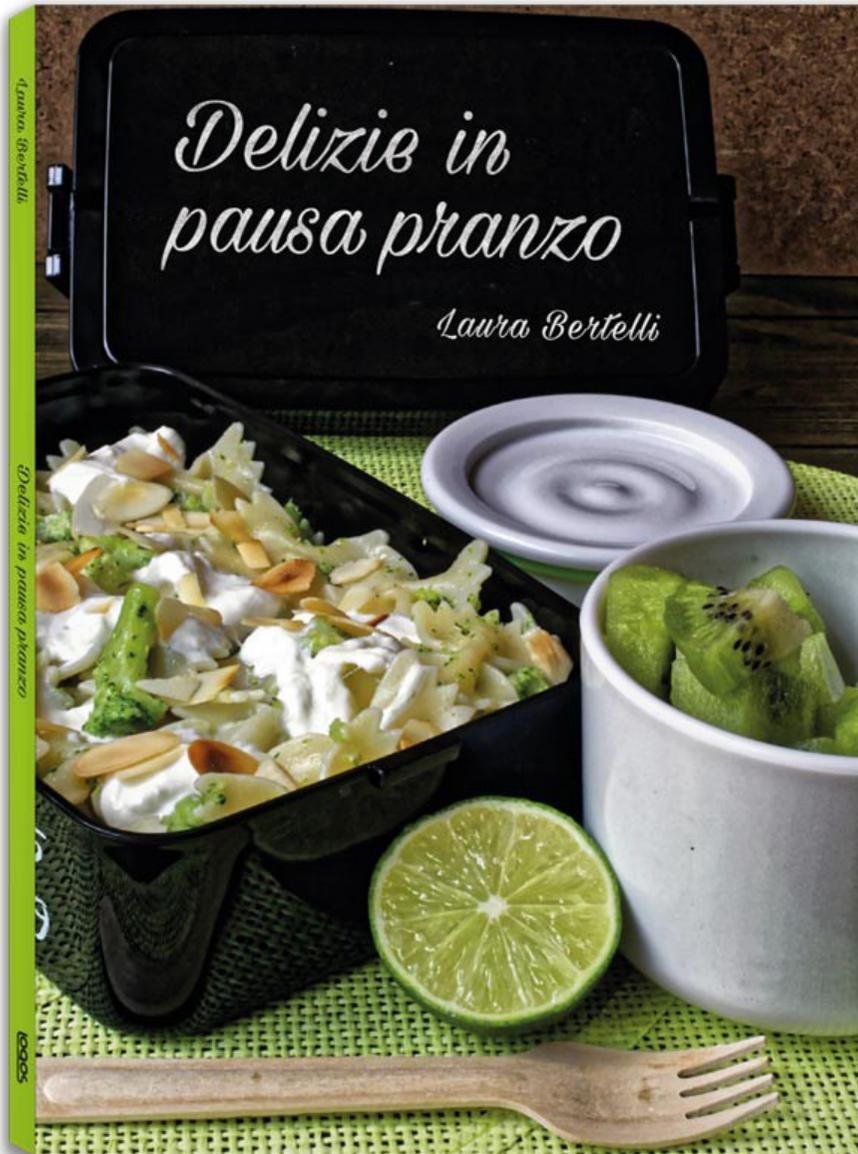
#logosedizioni

Logos
DELIZIE IN PAUSA PRANZO

Laura Bertelli
Softcover
cm 14,8 x 21,0, 80 pp.
italian
9788857608648
10.00€

Availability In Stock

9 788857 608648



DELIZIE IN PAUSA PRANZO

28 simple menus with seasonal ingredients to enjoy Italian-style meals at work.

When you think of having lunch at work, you usually imagine some simple and impersonal food, a ready meal or a couple of sandwiches to eat quickly, maybe in front of the computer. But it is important to take advantage of this daily break to take care of yourself.

In this spirit Laura Bertelli, author of the blog [My Soul Kitchen](#), has created 28 menus – 7 for each season of the year – with the aim of bringing to the workplace the typical Italian way of having lunch, with all the care and attention that the women of her family have always dedicated to the preparation of each dish. A way to bring Italian tradition into your lunch box and a precious source of inspiration for any food lover. With a special attention to seasonal products, healthy food and the quality of ingredients, *Delizie in pausa pranzo* offers you the opportunity to relax, recharge your batteries and enjoy a moment of conviviality with your colleagues.

“Food means family to me and an act of generosity which is good for both the heart and the palate.”

Laura Bertelli was born in Bologna in 1983 and lives in Modena, where she works in the publishing industry. Grown up within a family of gourmands, she has always loved good food and has a passion for cooking. Since January 2016 she runs the blog [My Soul Kitchen](#), where she shares traditional recipes and dishes inspired to travels, books or personal experiences. She dreams to open a place where she can express her passions combining food and books.

#MySoulKitchen #DIY

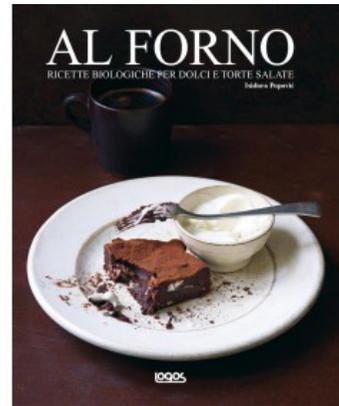


DELIZIE IN PAUSA PRANZO

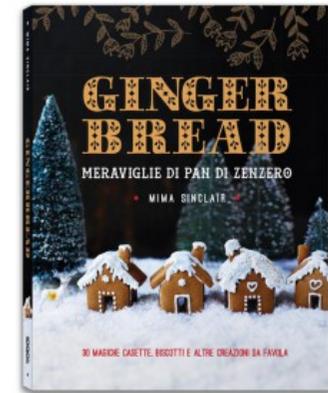
Related titles



CIOCCOLATO
Maxine Clark
9788879406871
12.95€



AL FORNO. RICETTE BIOLOGICHE PER DOLCI E TORTE SALATE
Isidora Popovic
9788857600376
14.95€



GINGERBREAD. MERAVIGLIE DI PAN DI ZENZERO
Mima Sinclair
9788857608228
13.00€



CUCINARE CON GLI INSETTI
Folke Dammann
9788857608532
20.00€



DELIZIE SOTTO L'ALBERO
Laura Bertelli
9788857608679
8.50€