



Delicious Tropical Fruits (Coffee Culture)

Liliana Villegas

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This is the first cooking book published by Villegas Editores. It is, just like its protagonists, an exquisite and sweet culinary sample taken from some of the most illustrious tropical children: fruits. Diverse and succulent, fruits do not only enrich a vast and delightful recipe book rich in flavours, vitamins and minerals, but also embody a diverse arsenal of medical benefits, unknown to the regular consumer. The pages of "Delicious Tropical Fruits" include a detailed history on the origin and the practical uses of each fruit, from avocado to zapote. In addition, they introduce the reader to an exquisite array of easy and delicious recipes created around these natural gifts, which are cultivated across the Colombian territory, where the versatile weather diversity offers a wide range of textures, flavours and shapes to suit every taste. Written by Liliana Villegas, the book is not only a delight for taste but also an invitation to know a long and sweet tradition that is part of Colombia's culinary history. Furthermore, through time, this tradition has delighted, more and more, the most demanding palates of the world with its immensity of colours, scents and flavours.

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