



Nahuatl Cookbook, Book Presentation

Ahhuiaclacualli tlen techcahuiltēuhtoquēh tototatahuan huan yancuic iohhuic
(Delicious meals that our ancestors left to us and its new path)

Alma de la Cruz Cruz and Sandro S. Espinosa y Mann

April 30

Thursday, April 30, 2026 | 3:00 PM | LAII Conference Room

In this presentation, Alma and Sandro will share insights from their upcoming monolingual Nahuatl book, *Ahhuiaclacualli tlen techcahuiltēuhtoquēh tototatahuan huan yancuic iohhuic* (Delicious meals that our ancestors left to us and its new path), which they co-authored. The book explores traditional dishes, beliefs and stories tied to them, and how these foods continue to shape Nahua identity.



Alma de la Cruz Cruz is from Lindero 2, Chicontepec, Veracruz; her native language is Nahuatl. Her passion for promoting Nahua art is expressed through embroidery, which she enhances with handwoven decorations, creating entirely handmade final products. Her scholarly work focuses on oral lore—specifically, transmitting local practices and beliefs to the children of her region, exemplified by the 'ilhuitl' or 'Day of the Dead.' She collaborates with the Institute of Teaching and Ethnological Research of Zacatecas A.C. (IDIEZ). As an IDIEZ collaborator, she teaches Nahuatl courses at Stanford University.



Sandro S. Espinosa y Mann is pursuing a double BA in Anthropology and Latin American Studies at the University of New Mexico. He has completed all levels of Nahuatl at UNM and is currently studying Yucatec Maya to further expand his knowledge of Indigenous languages of Mexico. He is deeply interested in the teaching and preservation of these languages, as well as in developing stronger and more accessible learning systems for learners of all ages.

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