



El libro de los zumos y batidos (Spanish Edition)

Veronica Riera

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This essential collection offers 1,001 flavorful fruit and vegetable recipes filled with vitamins, minerals, enzymes, and antioxidants. The goals in this guide designed to quench appetite and thirst are to boost the immune system and increase the consumption of essential nutrients for the body. It includes a vocabulary review and provides a simple way to add one or two glasses of fruit and vegetable juice to a daily diet.

Esta colección esencial ofrece 1.001 recetas sabrosas de frutas y verduras llenas de vitaminas, minerales, enzimas y antioxidantes. Los objetivos de esta guía diseñada para saciar el apetito y la sed son estimular el sistema inmunológico y aumentar el consumo de nutrientes esenciales para el cuerpo. Incluye un examen de vocabulario y proporciona una forma sencilla de añadir uno o dos vasos de jugo de frutas y hortalizas a la dieta diaria.

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