



Smoothies. Los mejores zumos depurativos (Smoothies: The Best Juices For Detoxing) (Spanish Edition)

Irina Pawassar

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Además de ayudarte a cuidar tu salud, los zumos depurativos son una importante fuente de vitaminas y minerales para el cuerpo. Los smoothies son la nueva clave para una alimentación equilibrada y una de las revelaciones de la comida sana y fácil de preparar. En este libro encontrarás 20 recetas de smoothies con las que elaborar espectaculares batidos: smoothies frescos para recuperar fuerzas en los calurosos días de verano; smoothies extraenergéticos para combatir el frío del invierno; smoothies bajos en calorías, purificantes, e incluso combativos para los efectos de la resaca....

Profusamente ilustrado, con muestras de todos los ingredientes y un diseño súper moderno y visual, Smoothies ofrece un sinfín de coloridas combinaciones para obtener los mejores resultados en menos de diez minutos y sentirte más activo y saludable en tu día a día.

ENGLISH DESCRIPTION

Delicious, 100% natural smoothies that will make you feel great inside and out. These are the most original recipes to prepare healthy, fun, and delicious smoothies. In addition to helping you care for your health, detoxing juices are an important source of vitamins and minerals for your body. Smoothies are the new key for a balanced diet, and a great way to have healthy food that is easy to prepare.

In this book, you will find 20 smoothie recipes that you can use to make spectacular shakes: fresh smoothies to regain your strength on hot summer days; extra energizing smoothies to combat winter's cold; low calorie smoothies, cleansing smoothies, and even smoothies to fight the effects of a wicked hangover.

Profusely illustrated, with images of all ingredients and a modern, visual design, Smoothies offers endless colorful combinations to obtain fabulous results in less than 10 minutes, and feel more active and healthy in your everyday life.

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