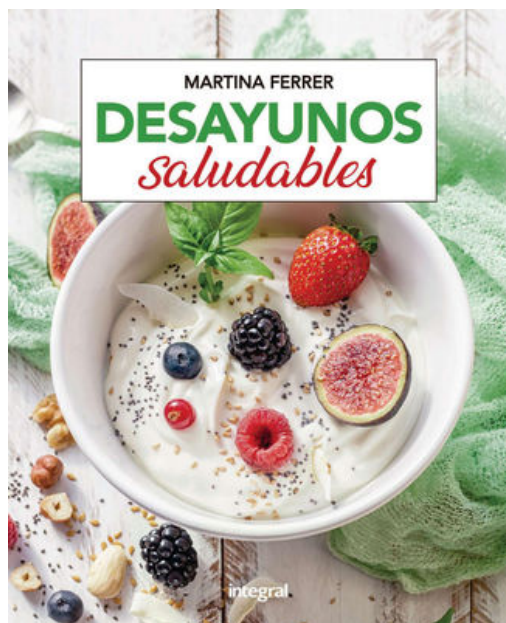


Descargar libros Desayunos saludables gratis (PDF | ePub | Mobi) Martina Ferrer DG Media



Descubre cómo preparar los desayunos más deliciosos y sanos, y disfruta cada mañana de uno diferente: dulce, salado, caliente o frío. Son propuestas ideales para comer en casa o en el trabajo, e incluso como merienda. Adquiere nuevos hábitos saludables con las recomendaciones de Martina Ferrer y empieza el día... ¡con energía!

- Más de 60 propuestas variadas y fáciles de preparar, ilustradas y con consejos nutricionales.
- Con recetas sin gluten, sin lactosa, veganas y sin azúcar añadido.
- Ideas de maridaje para un desayuno completo.

Title	:	Desayunos saludables
Author	:	Martina Ferrer
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