



Batidos y zumos: Nuestras 100 mejores recetas en un solo libro (Spanish Edition)

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¡Empiece a mezclar!

Sanos y deliciosos, los batidos y los zumos son la bebida de moda. En el caso de los batidos, se utilizan piezas enteras sin la piel ni las semillas; se trituran y el puré obtenido se mezcla con leche o zumos recién hechos. Los zumos, en cambio, son sencillamente una combinación de varios zumos recién hechos. Nuestras irresistibles recetas se convertirán además en un aliciente para que usted mismo pruebe y haga sus propias combinaciones.

¡Un libro imprescindible para los amantes de lo fresco y afrutado!

- Prepare en un santiamén las bebidas más modernas, frescas y afrutadas
- Disfrute saludablemente de bayas, piñas, pepinos y más
- Fotografía y precisas instrucciones paso a paso en cada receta
- Con una detallada introducción con consejos y trucos para comprar una batidora, además de numerosas ideas de decoración

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