

Download Las recetas de Miri free Miri Pérez-Cabrero (PDF, ePub, Mobi)



Cuando me fui a vivir fuera, empecé a cocinar recetas saludables, básicamente porque no quería alimentarme de ultraprocesados.

Poco a poco me di cuenta de lo mucho que me gustaba el mundo de la cocina y la nutrición, y cada vez investigaba más sobre nuevos ingredientes que podía utilizar en mis recetas, sobre nuevas técnicas y sobre cómo los alimentos son asimilados por nuestro cuerpo. Y así creé mi propio estilo de vida. Un estilo de vida donde la conexión entre cuerpo y mente es la protagonista.

El objetivo de este libro es transmitirte todo lo que he aprendido, llenarte de consejos para cuidarte un poco mejor, ayudarte con los menús diarios y la lista de la compra, y hablarte de mis ingredientes estrella.

Te voy a explicar cómo me cuido y te voy a dar el secreto para que hagas mis recetas favoritas.

título	:	Las recetas de Miri
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