



# Zumos y batidos (Cocina Express) (Spanish Edition)

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Nada mejor que una buena aportación diaria de fruta y vegetales frescos para mantener una dieta sana y natural. Este **recetario de zumos, batidos y granizados** propone ideas para combinar frutas y vegetales de modo que el resultado sea a la vez saludable, nutritivo y, por supuesto, sabroso. Y, además, sabiendo lo que se toma y para qué se toma.

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