

Receitas Nutribullet (Portuguese Edition)

By Ashley Andrews

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Batidos Saborosos que são Bons para Si!

O NutriBullet é uma liquidificadora maravilhosa que não só cria comida saborosa e ótima, como também lhe permite obter a maioria dos benefícios para a saúde dos ingredientes que utiliza. Este livro irá fornecer-lhe várias receitas saudáveis e saborosas de batidos. Os batidos neste livro estão cheios de minerais, vitaminas, antioxidantes, proteínas e fibras alimentares. E o melhor de tudo, são extremamente saborosos.

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Nas próximas páginas irá descobrir uma vasta variedade de receitas de batidos todas concebidas para o ajudar a perder peso e tornar-se saudável. Terá mais de 50 deliciosas receitas de batidos concebidos para o ajudar a desintoxicar, emagrecer e aumentar a sua saúde e bem estar geral. Aqui estão algumas das receitas que irá desfrutar:

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Batido de Banana-Mirtilo-Soja
Batido de Banana e Manteiga de Amendoim
Batido de Chia Refrescante
Batido Cítrico de Limão-Laranja

Limpeza de Arando

Mirtilo e Gengibre

NutriBlast Brilhante
Batido de Chá Verde, Mirtilo e Banana

Apenas Pêssego
Batido Limão-Mirtilo
Batido de Menta, Limão e Meloa
Batido de Noz-Moscada, Mel e Banana
Batido de Pêssego e Melancia

Paixão de Ananás

Simplesmente Saudável

Batido de Emagrecimento

Batido de Abóbora e Especiarias
Batido de Maçã e Especiarias
Batido de Morango-Kiwi
Batido de Loucura Tropical de Manga
Perfeição Tropical de Papaia
Batido Tutti-Frutti

Batido de Baunilha e Mirtilo

Maravilha de Melancia

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Marina Espinal:

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