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Connie Achurra comparte nuevas recetas libres de azúcares refinadas dirigidas a toda la familia

Repitiendo su éxito anterior, una de las cocineras chilena más populares del momento presenta nuevas preparaciones saludables.

Como es constante en sus intervenciones en redes sociales y televisión, Connie propone un estilo de vida mediante una dieta basada en frutas y verduras.

En nueve capítulos, la autora entrega preparaciones de todo orden y destinadas a diversas horas del día.

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