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Desde hace un tiempo que comer saludablemente dejó de ser sinónimo de alimentarse de forma aburrida, porque lo sano también puede ser rico y entretenido. Y de eso sí que sabe Javiera Suárez, quien a propósito de un cáncer cambió por completo sus hábitos alimenticios y su manera de enfrentar la vida. Las recetas y testimonios recopilados en este libro son el resultado de ese cambio y una invitación a conocer su historia y sus platos estrella.

Todo lo que encontrarás en LIVEAT es rápido y sencillo de preparar; recetas dulces y saladas con ingredientes saludables y fáciles de encontrar, para alimentarte de manera consciente y divertida. Sin azúcar, sin gluten y sin lácteos, pero icon mucho sabor!

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