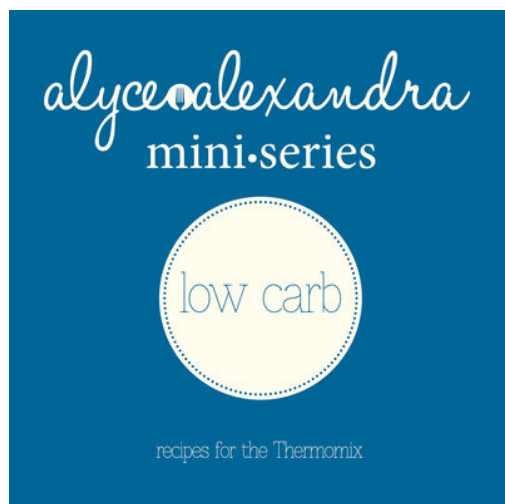


Descargar libros gratis Mini Series Low Carb - recipes for the Thermomix - Alyce Alexandra QBook



Cooking delicious low carbohydrate meals in the Thermomix has never been easier with the alyce alexandra miniseries: low carb. This book inspires you to cook mouth-watering meals that everyone will love, while also improving the health of you and your family.

With almost every recipe being gluten free, miniseries: low carb is also a great resource for people with gluten sensitivities. There are also many variations to cater for a wide variety of eating preferences - from vegetarian to dairy free. The nutritional information per serving is also provided for each recipe to support people following specific diets.

Continuing the precedent set by alyce alexandra's first publication, Quick Fix in the Thermomix, this cookbook contains easy to follow formatting and symbols, plus informative tips on cooking, recipe variations and health. Every recipe is accompanied by a full page colour photograph to guide and inspire you, with dishes that can be faithfully recreated in your kitchen.

Give yourself or someone else the gift of inspiring recipes and new approaches to cooking with books from the miniseries collection.

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