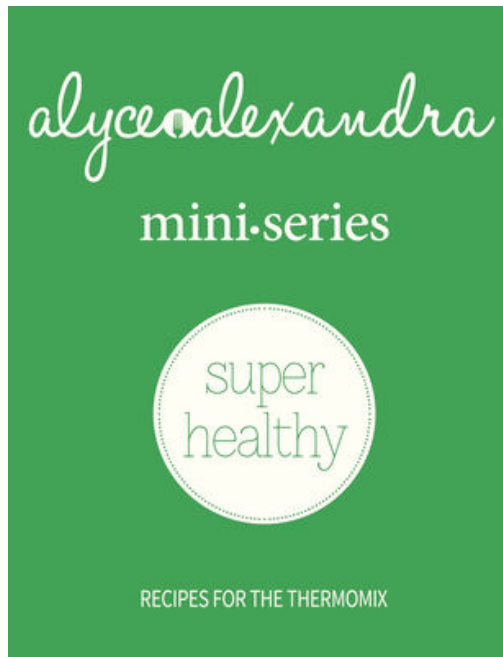


Descargar libros gratis Mini Series Super Healthy - recipes for the Thermomix - Alyce Alexandra DBSBOOK



This book is all about simple, nourishing meals made in the Thermomix using fresh, wholesome ingredients, designed for you to look and feel super healthy. While everyone's idea of what is 'healthy' varies, there is one basic principle that everyone agrees on: eat more fruit and particularly vegetables. That's what Super Healthy is all about.

In this book you will find a huge variety of delicious meals that celebrate fruit and vegetables in fun and exciting ways, inspiring you to emphasise their role in your diet. From flavoursome, robust salads and delicious winter-warming meals, to creatively nutritious drinks and desserts, everyone will find recipes to suit their tastes and lifestyle. Many gluten-free, dairy-free, vegetarian, low-carb and paleo recipes make this book a fantastic resource for all kinds of foodies, with all kinds of eating preferences.

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 colour photograph to guide and inspire you, with dishes than can be faithfully recreated in your kitchen.

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