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En este libro te enseño lo que son mis Nutrijugos y Nutrismoothies. Aprenderás la diferencia entre cada uno de ellos, así como la forma adecuada para prepararlos. Te voy a enseñar a escoger y lavar las frutas y verduras, así como los ingredientes fundamentales para prepararlos. y lo más importante, te explico cuáles son sus beneficios nutricionales, y cómo aplicarlos en las diferentes etapas de la vida.

Además incluyo recetas deliciosas de cada uno de ellos para que sean parte de tu alimentación diaria.

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