

# Descargar libros gratis Superfoods - Carla Zaplana QBook



¿Sabías que los açais contienen hasta cinco veces más antioxidantes que los arándanos? ¿O que los brotes de alfalfa tienen el doble de proteínas, cuatro veces más calcio y dos veces más hierro que el resto de los vegetales? ¿Sabías que el cacao es el antioxidante de la felicidad o que la cúrcuma es el mayor anticáncer que existe? ¿Y que el polen de abeja es un superalimento muy beneficioso para el sistema inmunológico? Descubre en el nuevo libro de Carla Zaplana más de setenta deliciosas recetas con los alimentos de moda, los superfoods, los productos del futuro que te ayudarán a cuidarte y llevar un estilo de vida saludable.

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