

# Descargar Libro En Línea PDF Epub Mobi Español Aprende A Desayunar - Raquel Bernácer Martínez



**Descargar libro en línea PDF epub mobi Español Aprende a desayunar Raquel Bernácer Martínez** , La primera comida del día ha tomado las redes sociales y las revistas de recetas y salud con defensores y detractores que se enfrentan armados de ingredientes extravagantes y estudios científicos de mayor o menor rigor. Hablar del desayuno es mucho más que compartir unas bonitas fotos. Detrás de él hay todo un mundo de verdades, falsos mitos y hábitos culturales. Un buen ejemplo es el desayuno occidental, que compuesto básicamente por bollería, pan blanco y azúcar, ha dejado de ser la comida más importante del día para convertirse en la más peligrosa. Pero si el zumo de naranja, los cereales de desayuno, las galletas o, incluso, la tostada con aceite y una loncha de pavo no son la mejor opción, ¿qué desayunamos? Este libro da respuesta a

esta pregunta e incluye más de ochenta recetas de desayunos sanos y sabrosos para toda la familia, ideas para ahorrar tiempo de preparación en la cocina, alternativas caseras para llevar a clase o a la oficina y multitud de consejos para disfrutar las mañanas como corresponde.

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