



10 Días de Purificación con Licuado Verde (Spanish Edition)

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Descripción del Libro

Fresa Coco Almendra

8 – 10 fresas chicas congeladas

3 fresas frescas

1 taza de leche de coco

1 cucharada de mantequilla de almendra

1 cucharadita de miel

Chocolate Aguacate

1 aguacate

2 plátanos congelados

½ taza de frambuesas frescas o congeladas

1 – 2 cucharadas de cocoa sin endulzar en polvo

2 tazas de leche de almendras o de coco

Canela Coco Plátano

½ taza de leche de coco

4 yemas de huevo grandes

1 plátano mediano

¼ de taza de hielo

½ cucharadita de canela

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