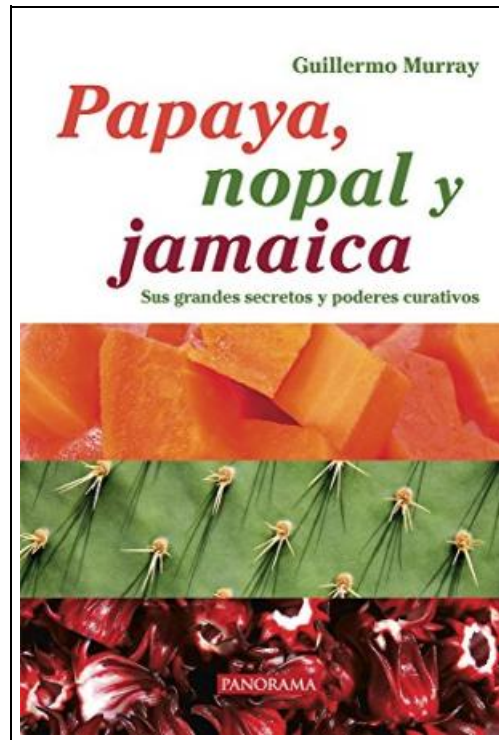


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Nostra Ediciones, 2014. Paperback. Condition: New. Language: Spanish . Brand New Book. In these times of stress and little free time to enjoy the culinary delights that characterize Mexico, many have turned to processed, frozen, or fast foods that do not offer the same nutritional benefits as natural foods. Comfort and speed are given privilege and health deteriorates without being noticed. In Papaya, nopal y Jamaica, you will discover the beneficial uses and properties of three plant species. Through simple recipes, you will understand why nopal is widely recommended by doctors and nutritionists to fight against diabetes, that Jamaica is much more than a flower, and there is no other fruit that tastes like a papaya. You won't regret preparing and enjoying the many recipes offered in this book, and you will find the motivation to return to healthy and natural eating. En estos tiempos de estrés y poco tiempo para disfrutar las delicias culinarias que caracterizan a México, se ha favorecido el consumo de alimentos procesados y comida rápida o congelada, que no ofrecen las propiedades nutritivas de los alimentos naturales. Se privilegia la comodidad y rapidez, y la salud se deteriora sin que lo notemos. En Papaya, nopal y jamaica descubrirás los usos y propiedades benéficos de tres especies vegetales, dos de ellas americanas ¿papaya y nopal? y la tercera, de origen africano ¿jamaica?, que México adoptó como propia gracias a su utilidad y sabor. A través de sencillas recetas conocerás por qué el nopal es ampliamente recomendado por médicos y nutriólogos para el control de la diabetes, que la jamaica es mucho más que una flor que se remoja en agua caliente y que no hay otra fruta cuyo sabor se compare con el de la papaya. No te arrepentirás de preparar y disfrutar las muchas...



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