



Recetas Paleo: Pizza y Pastas: Recetas Faciles y Rapisas para Preparar Deliciosas Pizzas y Pastas Paleo (Spanish Edition)

Nicol Pardo

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Nicol Pardo te enseña paso a paso cómo preparar Deliciosas Pizzas y Pastas siguiendo las directrices de la dieta paleo.

Todas las recetas están claramente explicadas y son muy fáciles de preparar, incluso para quienes no tienen experiencia en la cocina paleo. Incluye fotos de alta calidad de cada una de las recetas.

Estas son algunas de las deliciosas recetas que encontrarás en el libro:

Canelones de Cordero y Espárragos
Cous Cous de Pollo y Coliflor
Ñoquis de Batata con Ragú de Col y Tocino
Ñoquis de Calabaza con Ragú de Salchicha y Hongos
Lasaña de Apio Nabo y Pato
Lasaña de Calabaza
Espaguetis de Zucchini con Salsa de Pescado
Espaguetis de Zucchini con Albóndigas
Fideos de Huevo con Caldo
PaleoPizza

Una vez más Nicol Pardo demuestra que es posible comer alimentos ricos y abundantes y al mismo tiempo bajar de peso.

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From reader reviews:

Shawn Macdonald:

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Lane James:

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