



10 Dias de Limpeza smoothie verde :50 Novas Receitas De Smoothies Paleo Para Queimar Gorduras (Portuguese Edition)

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Descrição do Livro

Morando Coco Amêndoa

8-10 Morangos pequenos congelados

3 Morangos frescos

1 Chávena de leite de coco

1 cc de manteiga de amêndoa

1 cc de mel

Chocolate Abacate

1 Abacate

2 Bananas congeladas

1/2 Chávena de framboesas frescas ou congeladas

1-2 cs cacau em pó sem açúcar

2 Chávena de leite de amêndoa ou de coco

Canela Coco Banana

1/2 Chávena de leite de coco

4 Gemas de ovo grandes

1 Banana média

1/4 Chávena de gelo

1/2 cc de canela

Pegue o livro para receitas do smoothie mais paleo agora!

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