



Dieta macrobiótica (Spanish Edition)

Nuria Peñalva

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The macrobiotic diet is not only a healthy way to eat; it also creates harmony between body and soul. This book explains the nutritional properties of the food and the best way to prepare them. The delicious recipes include Smoked Trout on Rye, Apricot Ice Cream, Pad Thai, Avocado Shrimp Salad, Miso Soup, and White Tea with Hibiscus Flowers.

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