



Recetas Para Nutribullet® Pérdida De Peso Y Licuados Para Tu Nutribullet® (Spanish Edition)

Ashley Andrews

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Introducción

El Nutribullet® es un extractor de alimentos maravilloso que no sólo crea comida sabrosa, sino que también permite que obtengas los beneficios saludables de la mayoría de los ingredientes que utilizas. Este libro te proporcionará muchas recetas de riquísimos y saludables licuados. Los licuados en este libro están repletos de minerales, vitaminas, antioxidantes, proteínas y fibra dietética. Y lo mejor de todo, es que son extremadamente sabrosos.

En las próximas páginas descubrirás una amplia variedad de recetas de licuados. Un tipo de que verás es un licuado verde y usualmente consiste de frutas fresca y oscura, hojas verdes como col, espinacas, acelga y berza. La col china y la lechuga romana también son buenas opciones para licuados verdes.

También encontrarás licuados realmente cremosos. Utilizando frutas cremosas como plátano, mango, kiwi y papaya provees esa textura estupendamente cremosa a tus licuados. Puedes incluso usar aguacates, manzanas, moras, peras, duraznos y piñas.

También encontrarás una variedad de bases líquidas. Coco, almendra, leche de soya así como también yogur y leche pueden ser utilizadas como una base líquida. Para incrementar la salud utiliza chía, cáñamo y linaza, proteína y azaí en polvo, aceite de coco, mantequilla de almendra o cacao.

Cuando haces licuados, quieres una mezcla realmente espesa pero suave. Así que, para obtener un licuado realmente “suavelicioso” y ahorrarte los fallidos, usa la fórmula 60/40. Es simplemente 60% de fruta sobre 40% de hojas verdes. El gran detalle sobre el NutriBullet® es que es excepcionalmente bueno e ideal para hacer licuados con la textura perfecta.

Empieza haciendo tus licuados usando tu NutriBullet® para mezclar hojas verdes con bases líquidas. Después, agrega tu fruta y mezcla otra vez si quieres incluso más nutrientes, utiliza menos hielo y rémplázalo con fruta congelada. Si disfrutas del sabor du

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Carlee Smith:

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Marisa Carney:

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Norma Eberhart:

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Walter Rojas:

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