



Cocina antiestrés: Nuestras 100 mejores recetas en un solo libro (Spanish Edition)

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¡Nunca antes había sido tan relajante cocinar!

¿Le gustaría cocinar platos deliciosos a cualquier hora pero sin estresarse? Pues empiece a abreviar su lista de la compra, opte por ingredientes fáciles de encontrar y no se complique la vida con la preparación. Estas recetas incluyen desde deliciosas cenas hasta sorpresas culinarias para fiestas, pasando por la más extensa variedad de tentempiés para llevar a la oficina.

Practique una cocina relajada y disfrute como nunca del placer de comer.

- Exquisitas recetas, tanto clásicas como innovadoras, para disfrutar cocinando sin estrés
- Sencillas instrucciones paso a paso en cada receta

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