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# Recetas Macrobióticas Para La Salud (Spanish Edition)

*Mªàngels Mestre*

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**Recetas Macrobióticas Para La Salud (Spanish Edition)** Mªàngels Mestre
En este libro encontrarás más de 180 recetas mostradas de forma muy sencilla y fácil de preparar, incluso para personas que no hayan cocinado nunca. Descubrirás el gusto de los alimentos que nos da la naturaleza y cómo convertirlos en sabrosos y deliciosos platos para el deleite de niños y mayores. También despertará tu creatividad para elaborar nuevas recetas e ir variando y ampliando el repertorio de platos. Este libro contiene, además, una descripción de los alimentos y sus efectos en nuestra salud, especialmente los alimentos - medicamentos. La alimentación macrobiótica tiene múltiples propiedades: es ecológica, depurativa, energizante, revitalizante, regeneradora, antioxidante, antiinflamatoria, y alcalinizante. ¡Descúbrela!

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