



# **La Dieta Paleo Para Principiantes ;Top 50 de Recetas de Licuados Paleo Reveladas! (Spanish Edition)**

*The Blokehead*

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The Blokehead

Si has estado siguiendo la Dieta Paleo, sabes que la preparación de las comidas puede llevar tiempo. Un licuado es una manera grandiosa de satisfacer las necesidades nutricionales cuando el tiempo es corto. A continuación están 50 de las mejores Recetas de Licuados Paleo disponibles. Simplemente procesa todos los ingredientes en una licuadora hasta homogenizar.

Fresa, Coco y Almendras

8 – 10 fresas pequeñas congeladas

3 fresas frescas

1 taza de leche de coco

1 cucharada de mantequilla de almendra

1 cucharada de miel

Chocolate y Aguacate

1 aguacate

2 plátanos congelados

½ taza de frambuesas congeladas o frescas

1 – 2 cucharadas de cocoa en polvo sin endulzar

2 tazas de leche de almendra o coco

Plátano, Coco y Canela

½ taza de leche de coco

4 yemas de huevo grandes

1 plátano mediano

¼ de taza de hielo

½ cucharada de canela

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