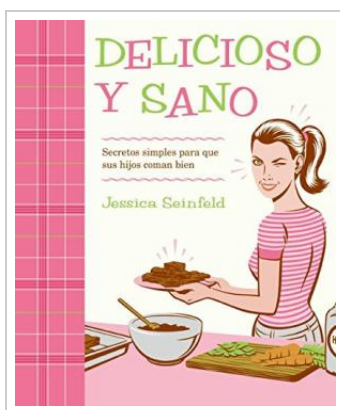




Delicioso Y Sano: Secretos Simples Para Que Sus Hijos Coman Bien (Paperback)

By Jessica Seinfeld

HarperCollins Publishers Inc, United States, 2008. Paperback. Condition: New. Rayo ed.. Language: Spanish . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Como madre de tres niños, Jessica Seinfeld, como muchos padres muy ocupados, luchaba por conseguir que sus hijos comieran bien. En Delicioso y Sano ella comparte sus soluciones: recetas fáciles y sabrosísimas que aun las familias con las agendas más abrumadoras pueden hacer, repletas de vegetales que no se ven, hechos pur para que los niños no sospechen nada. Delicioso y Sano tiene todas las mezclas ganadoras de Jessica, incluyendo coliflor en los macarrones con queso y espinaca en los brownies. También comparte sus consejos para hacer meriendas saludables y para mejorar alimentos comprados, además de sugerencias para crear una atmósfera positiva alrededor de la mesa de la cocina. Delicioso y Sano es un regalo del cielo para todos los padres que quieren hijos saludables, comidas en familia y en paz y que no quieren tener que volver a decir, Come tus vegetales!.



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