



# **Aguas detox: Recetas frescas y vitaminadas (Spanish Edition)**

*Sonia Lucano*

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**Las aguas *detox* son una alternativa sabrosa y saludable a los refrescos carbonatados, y además tardan muy poco en prepararse, entre 5 y 10 minutos.**

El agua es fundamental para que nuestro cuerpo funcione bien, y beber aguas *detox* es una deliciosa manera de hidratarse y depurar el organismo. Elaboradas a base de agua, frutas, verduras y hierbas, las aguas *detox* son una gran alternativa para incrementar el consumo de agua además de aportar vitaminas, proteínas, minerales y fibras.

**En este libro encontrarás 30 recetas de aguas détox para todos los gustos, deliciosamente refrescantes, sabrosas, nutritivas y fáciles de elaborar.**



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