



El libro de las viandas para pequenos (Spanish Edition)

Cecilia Fassardi

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Cada año, ni bien empiezan las clases, todas las mamás nos hacemos las mismas preguntas: ¿qué les preparo a mis hijos para que almuercen en la escuela? ¿Cómo combino lo casero, saludable y nutritivo sin caer en el aburrimiento? ¡Todo un desafío! Por eso, en este libro sobre viandas escolares, se incluyen platos calientes y fríos, guarniciones, panes rellenos, snacks y postres, para combinar de diferentes formas y armar el menú semanal. Más de 40 recetas fáciles y muy prácticas para que nuestros hijos aprendan a disfrutar de una alimentación equilibrada y saludable.

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