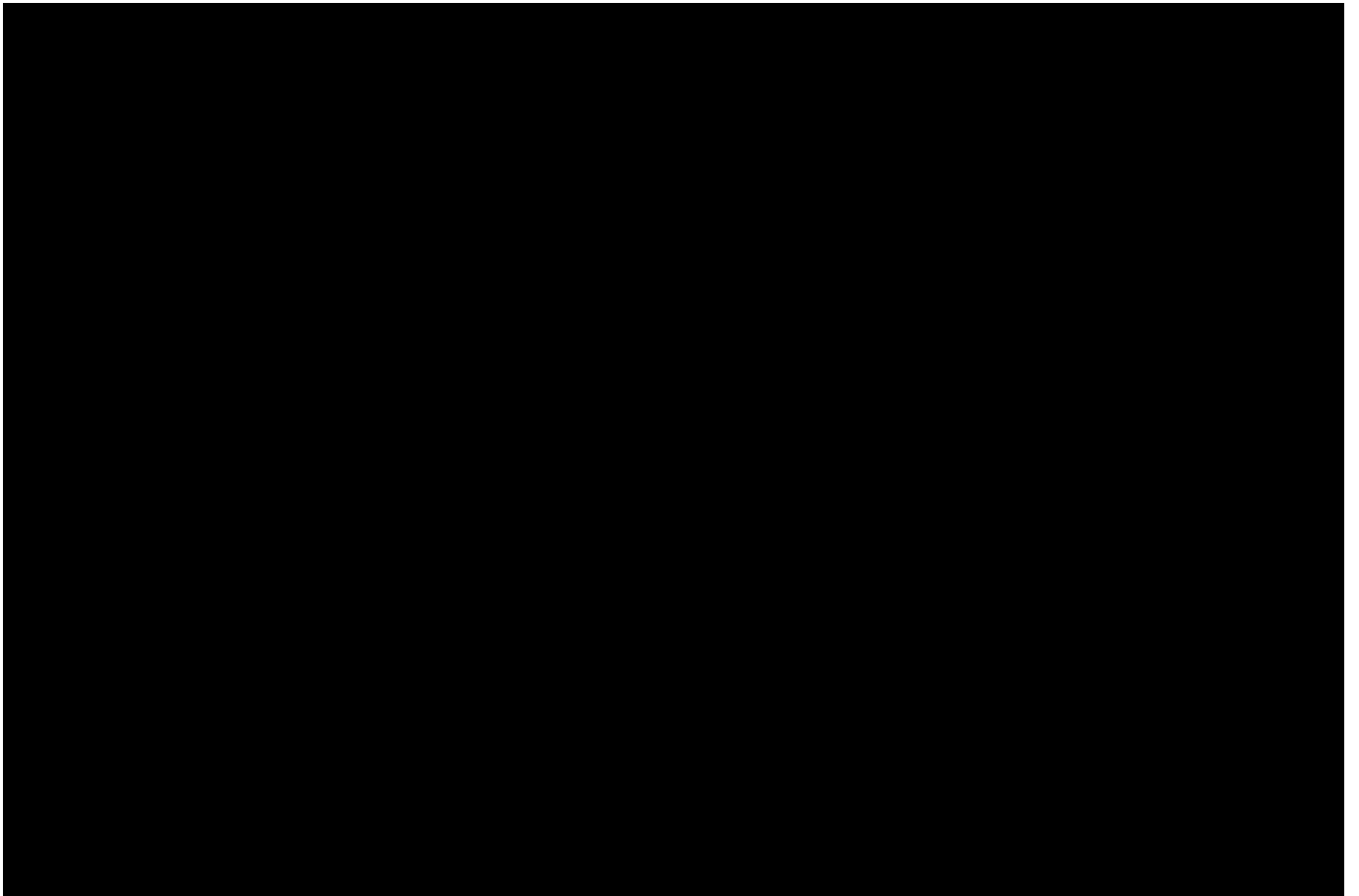


Recet a	Rol l o de At ún al Vapor
Aut or	_____
Raci ones	
Ti enpo	
I ngredi ent es	

El aboraci ón:

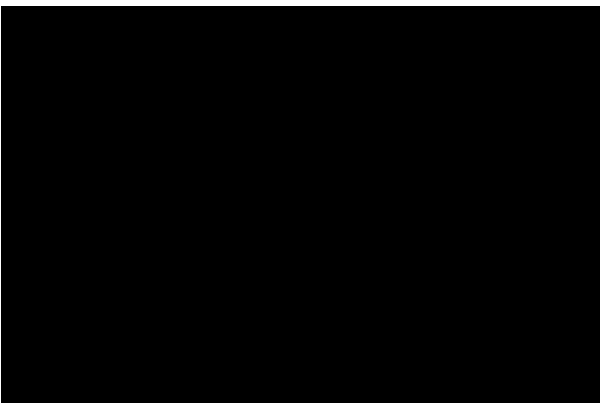
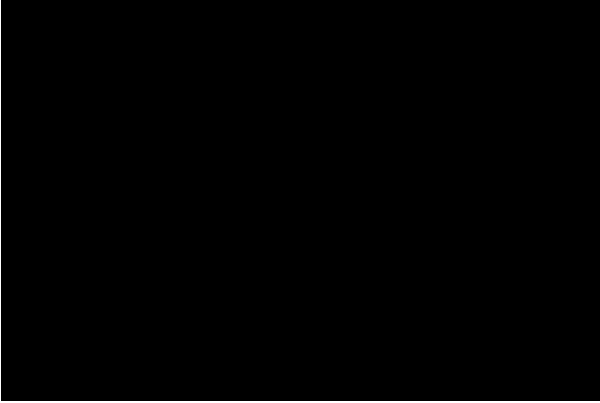




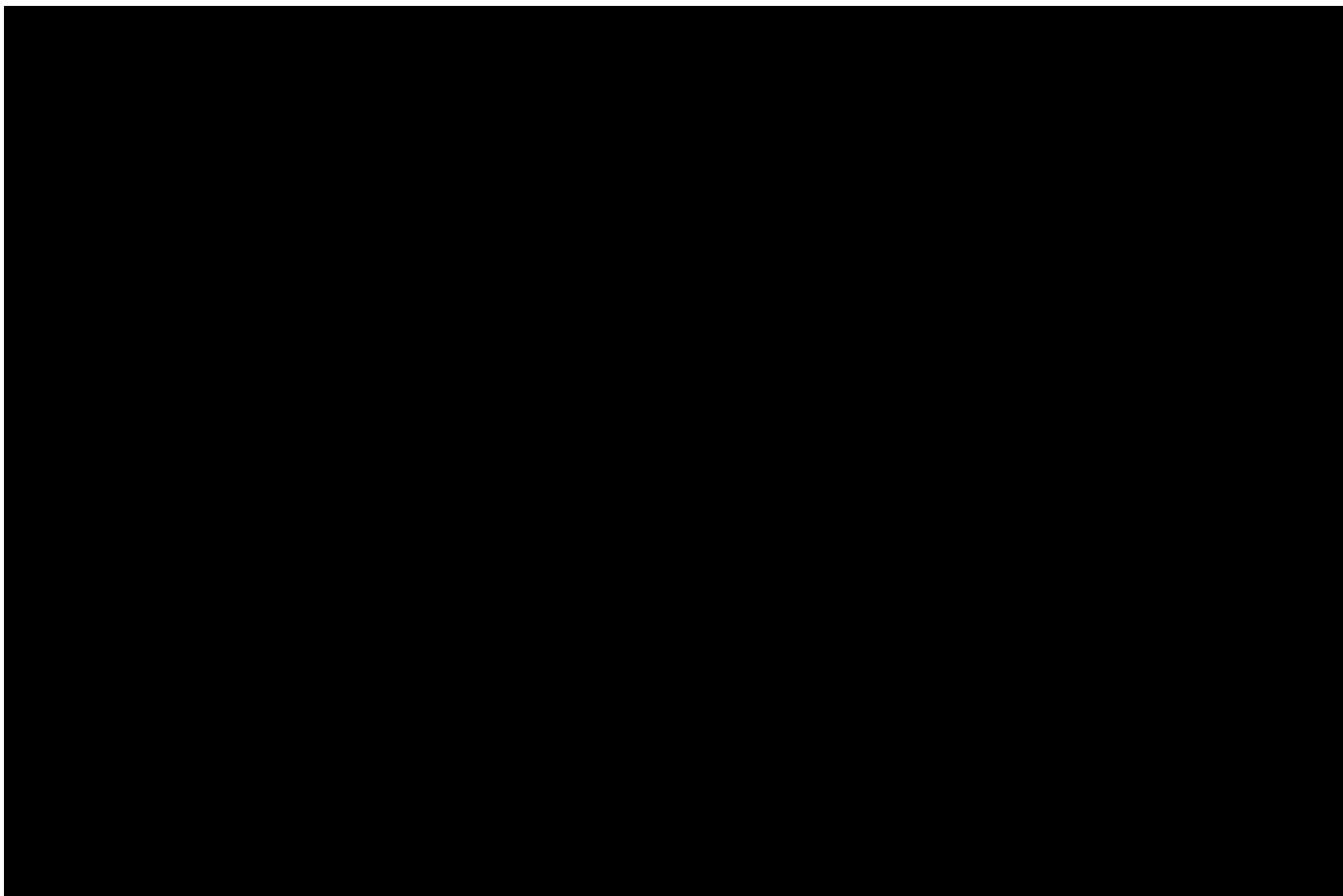
Receta	Mifins de Atún, Brócoli y Coliflor
Autor	

Raci ones	
Ti enpo	
I ngredi ent es	

Elaboración:



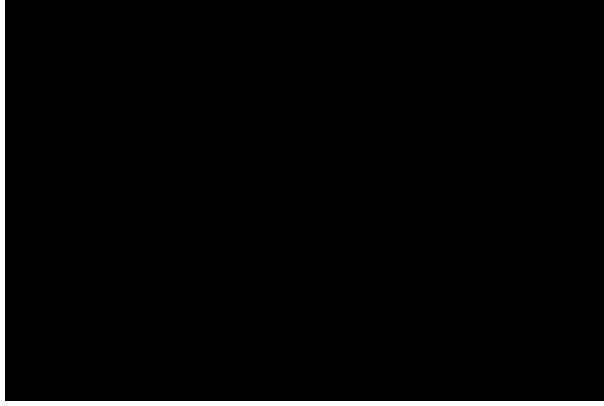
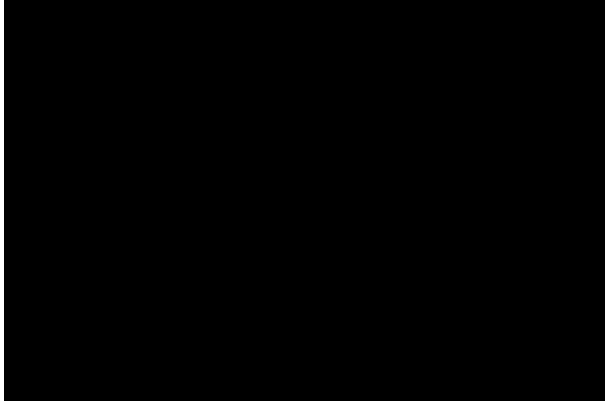




Recet a	Empanadi ll as de At ún
Aut or	
Raci ones	
Ti enpo	
I ngredi ent es	

El aboración:





Recet a	Pat atas Rel l enas de Espárragos Verdes y Atún
Aut or	
Raci ones	
Ti empo	

Ingredients



Recet a	At ún al Vapor Encebol I ado
Aut or	
Raci ones	

Tiempo	
Ingredientes	

Elaboración:



