



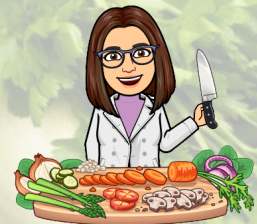
Hoy cocinamos...



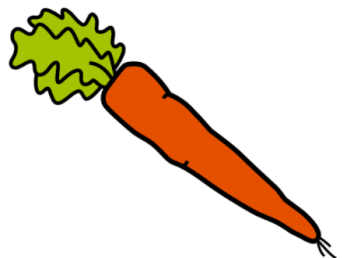
Imágenes de: Freepik y Flaticon

Autor pictogramas: Sergio Palao. Procedencia: ARASAAC (<http://arasaac.org>). Licencia: CC (BY-NC-SA).

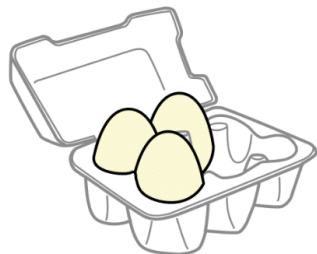
Autor: Isabel Camarón González



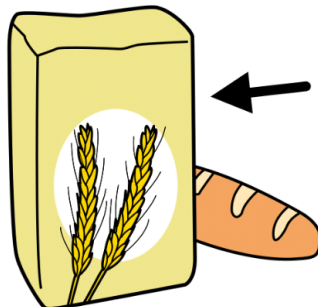
¡Ingredientes!



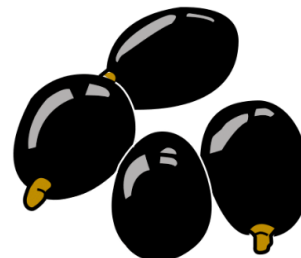
300g de zanahoria



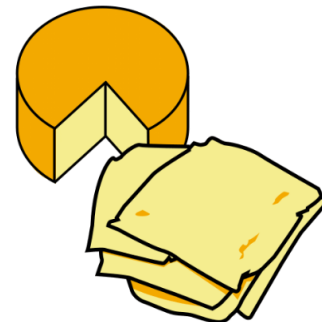
3 huevos medianos



225g de harina



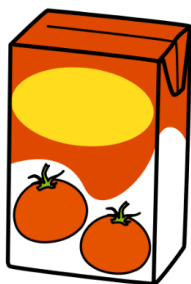
aceitunas negras



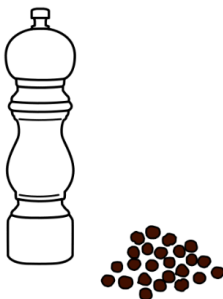
queso



lata de atún



tomate triturado



pimienta



sal



aceite de oliva



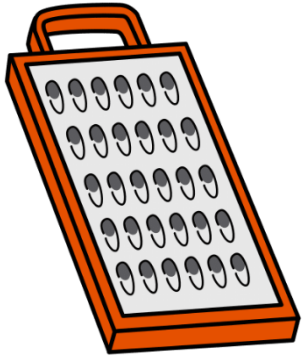
orégano

Medidas calculadas para una bandeja grande de horno.

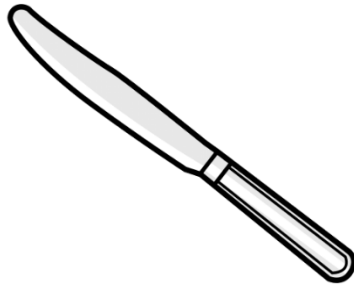
Adaptación de la receta de @soniadg en MyRealFood App



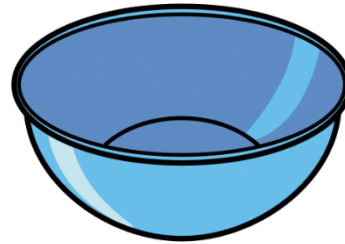
¡Utensilios!



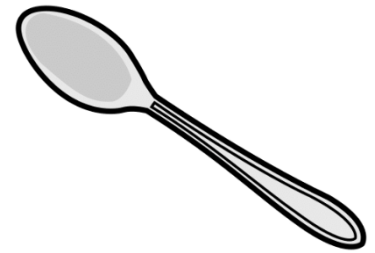
rallador



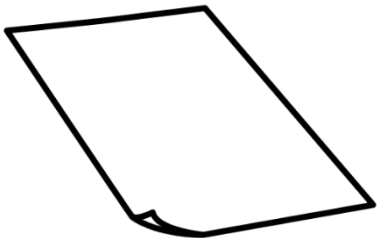
cuchillo



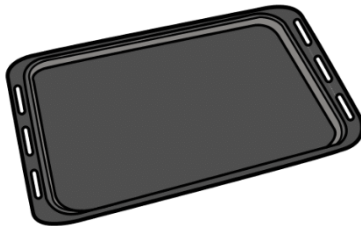
bol



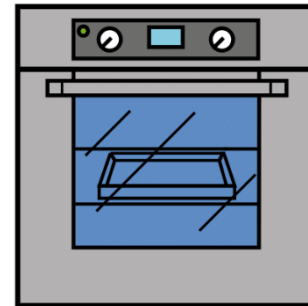
cuchara



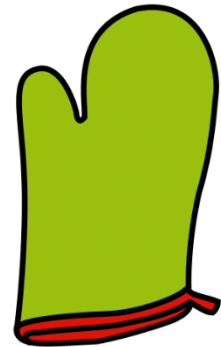
papel para horno



bandeja de horno



horno



guante de horno

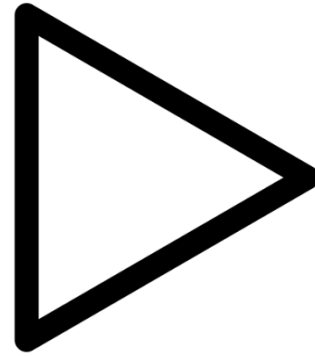


pelamos

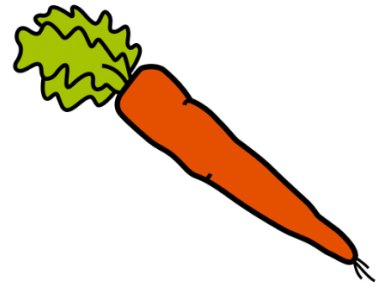
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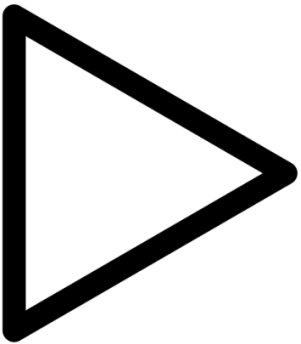
rallamos



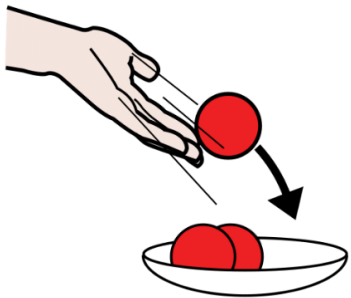
la



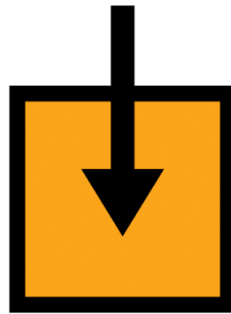
zanahoria



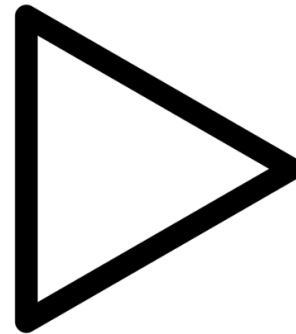
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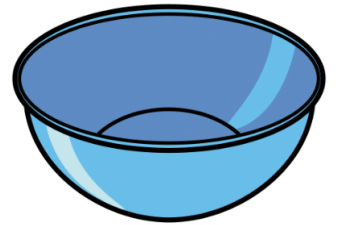
echamos



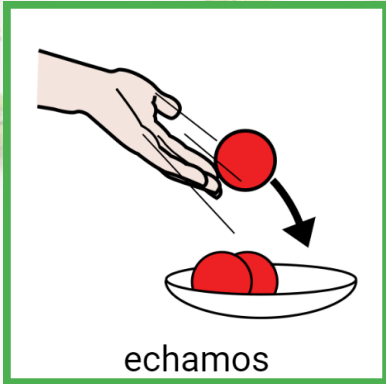
en



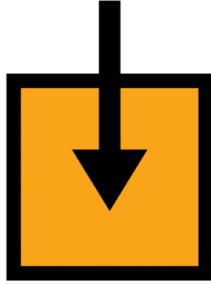
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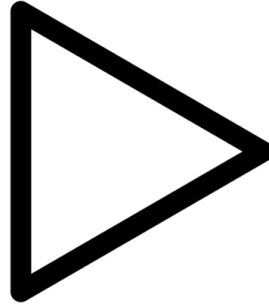
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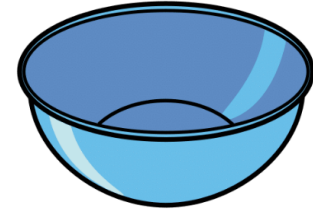
echamos



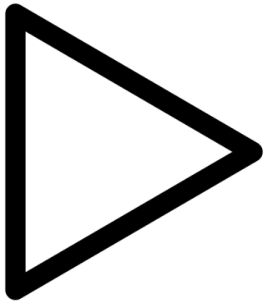
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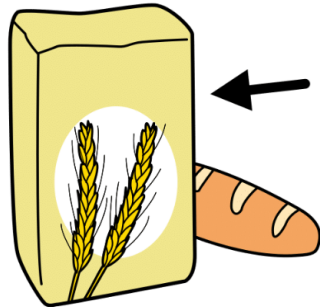
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bol

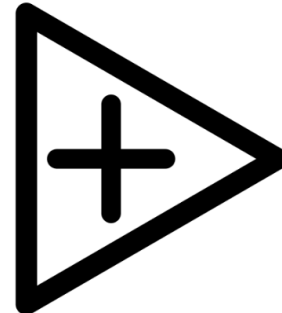


la

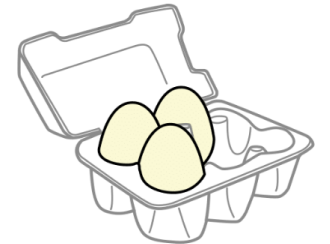


harina

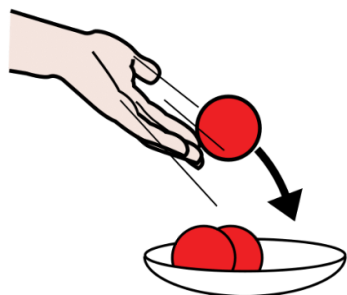
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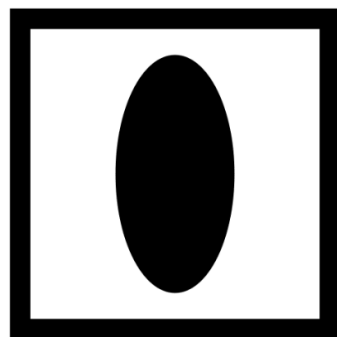
los



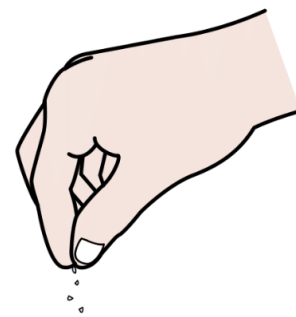
huevos



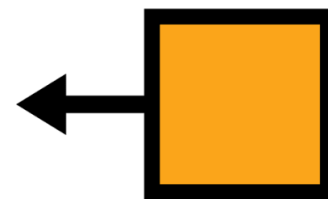
echamos



una



pizca



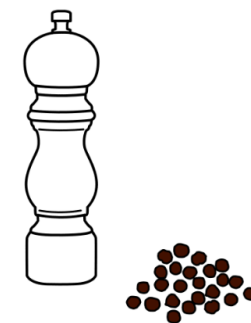
de



sal

y

y



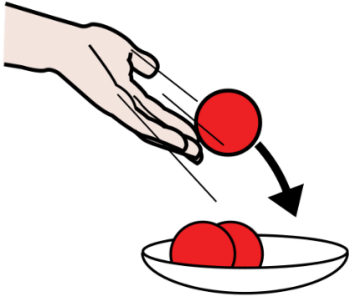
pimienta



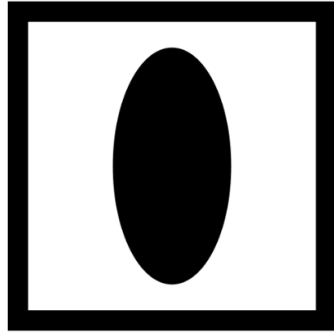
mezclamos



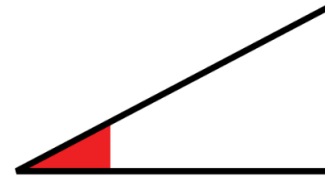
muy bien



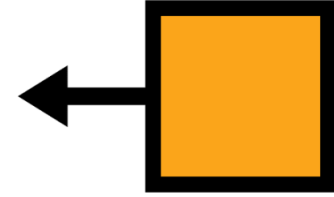
echamos



un



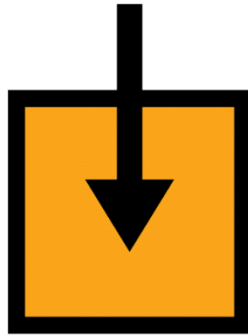
poquito



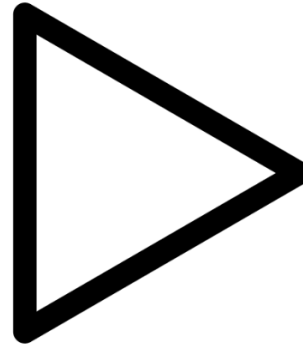
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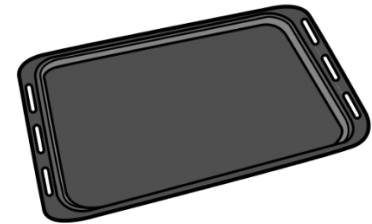
aceite de oliva



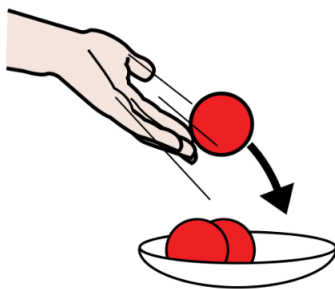
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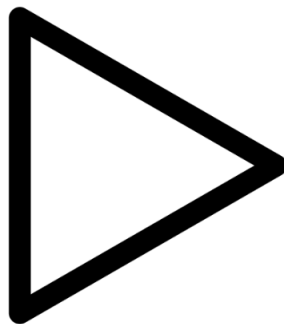
la



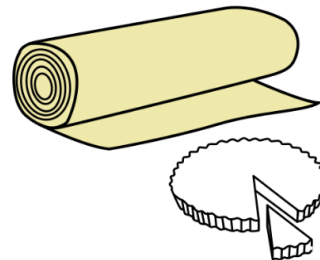
bandeja de horno



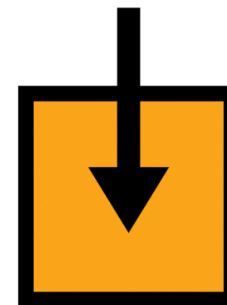
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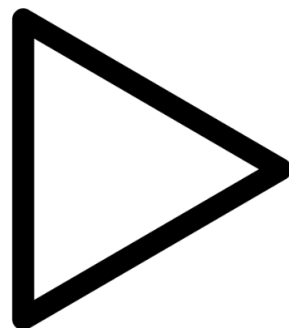
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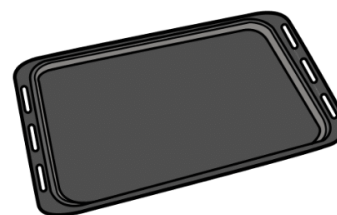
masa



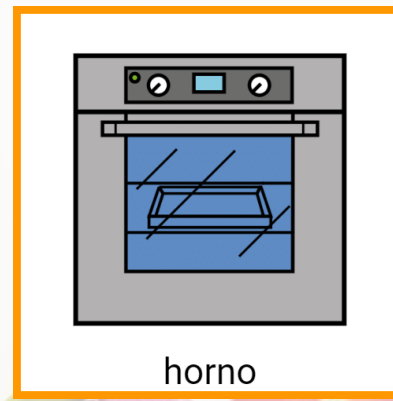
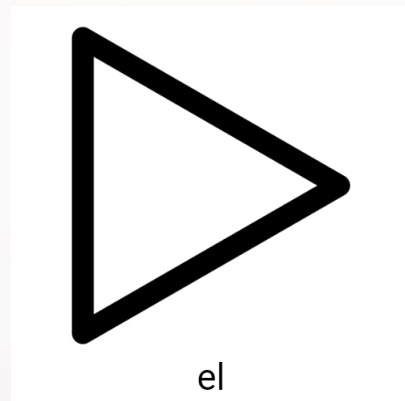
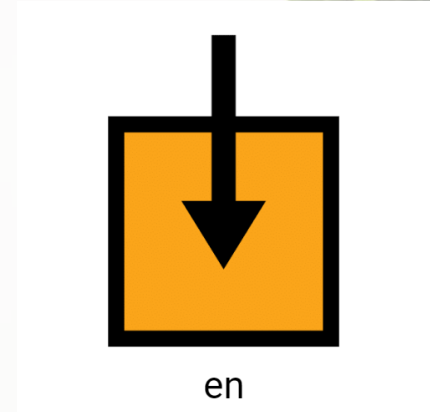
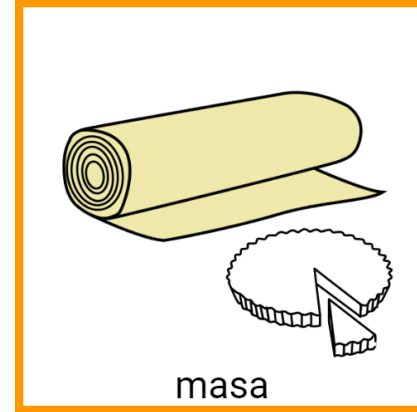
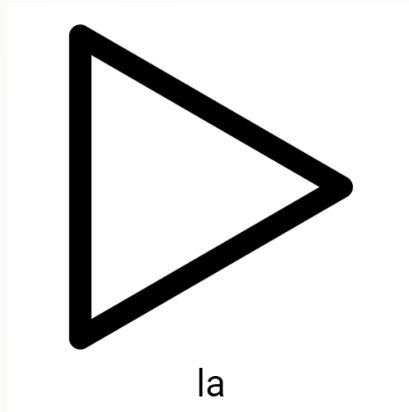
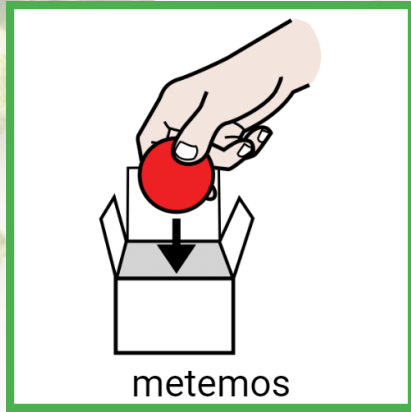
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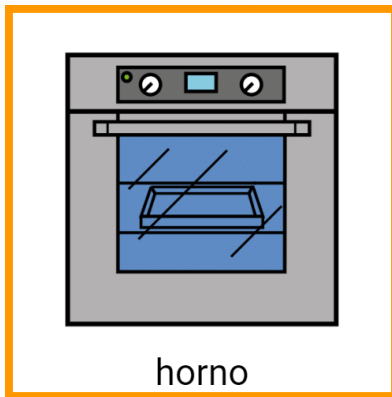
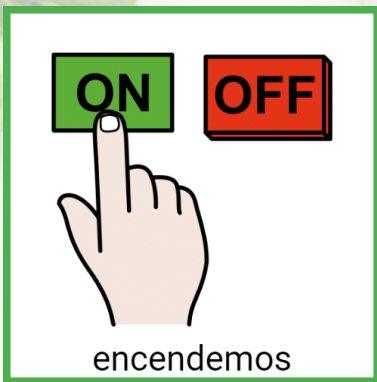


la

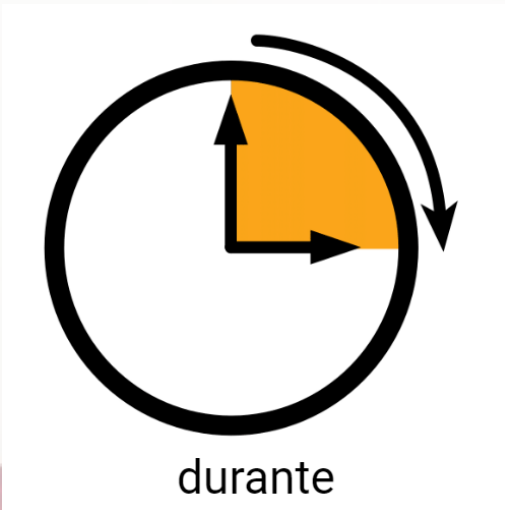


bandeja de horno



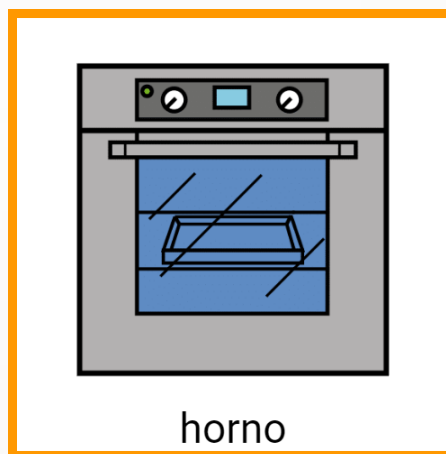
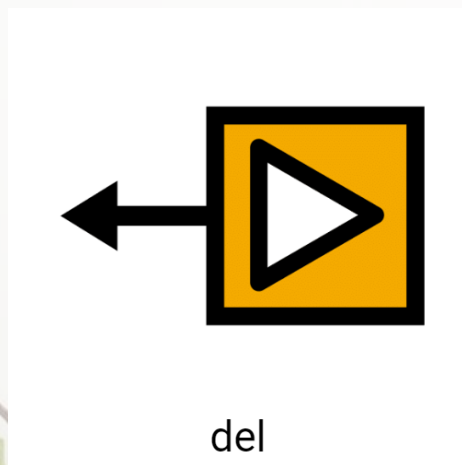
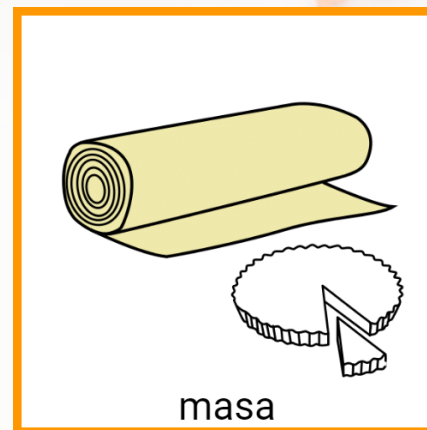
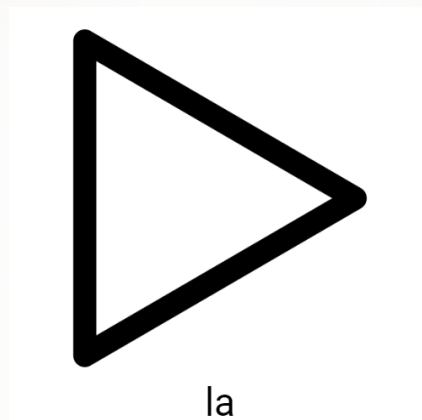
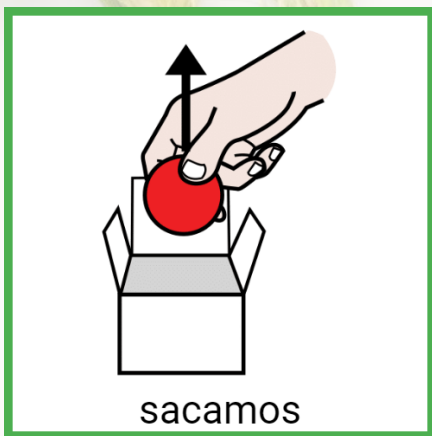


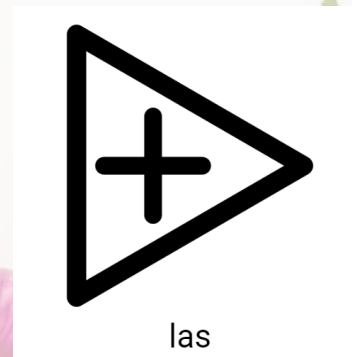
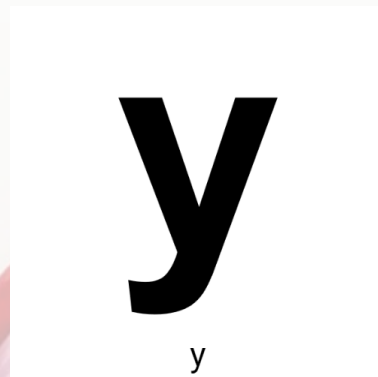
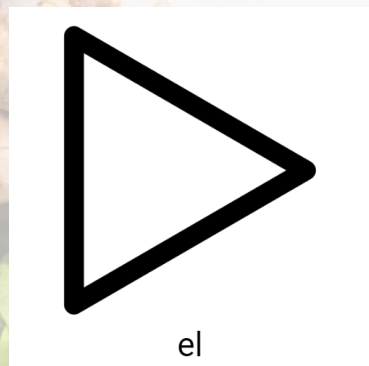
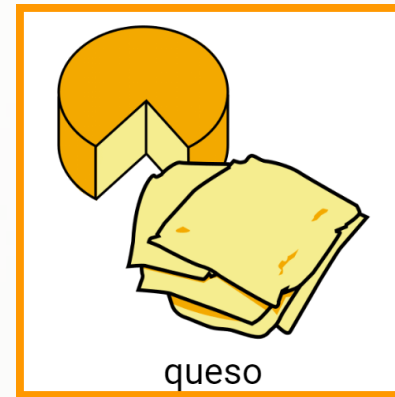
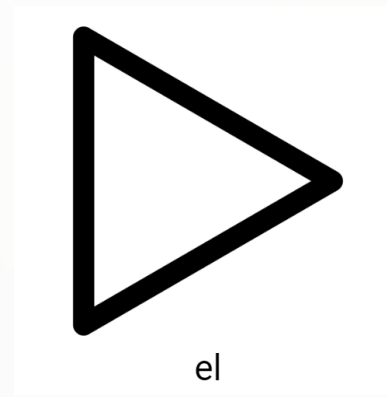
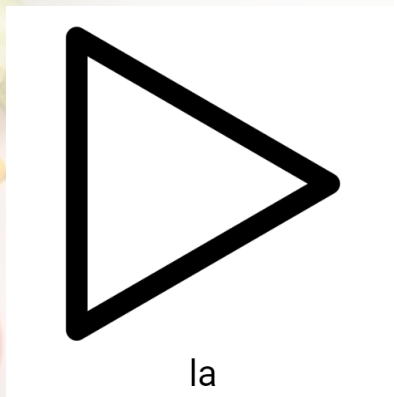
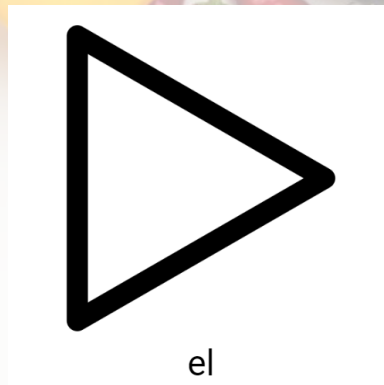
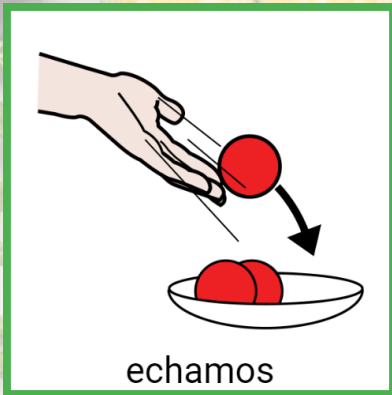
180°C

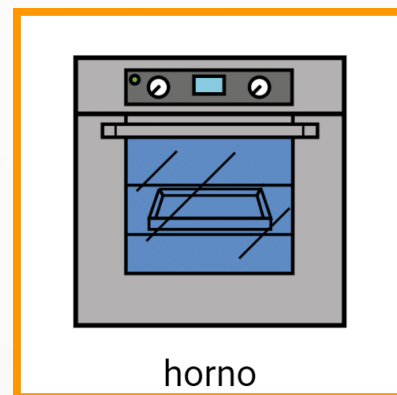
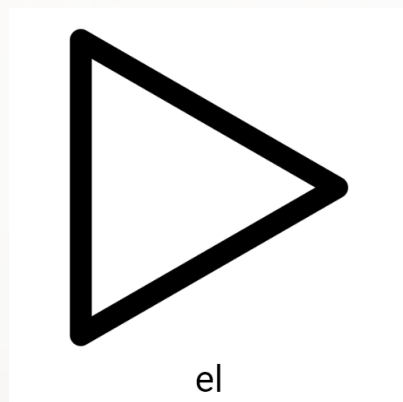
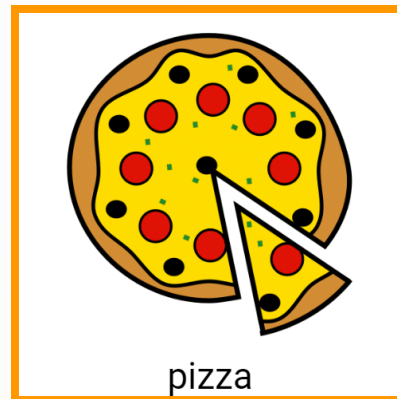
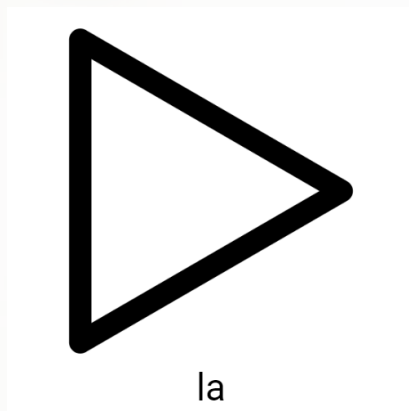
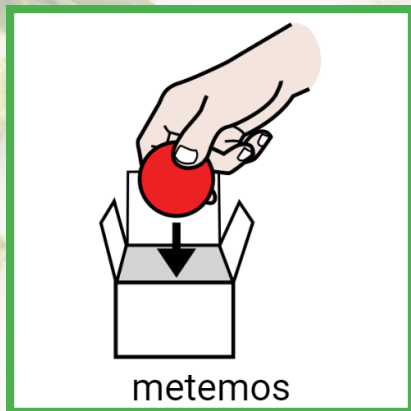


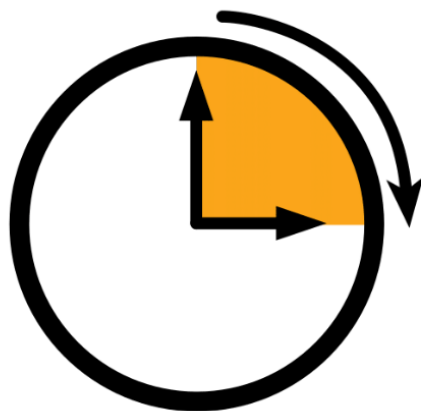
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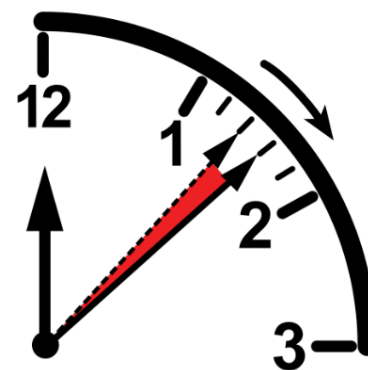




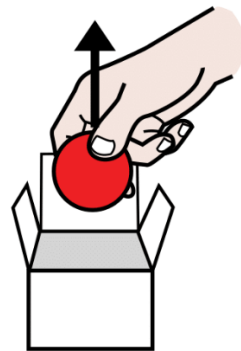


durante

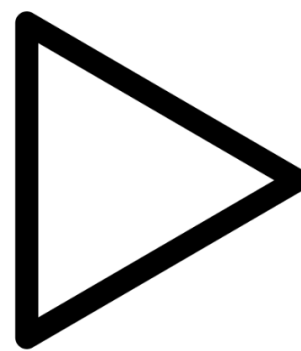
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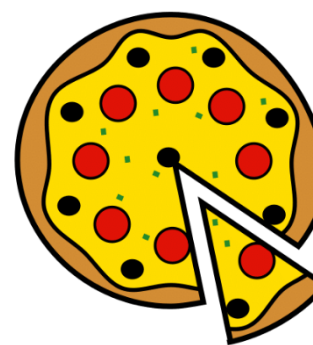
minutos



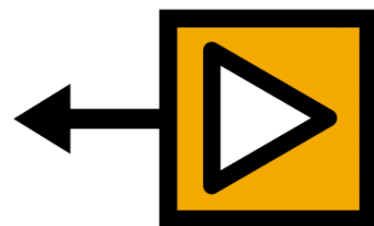
sacamos



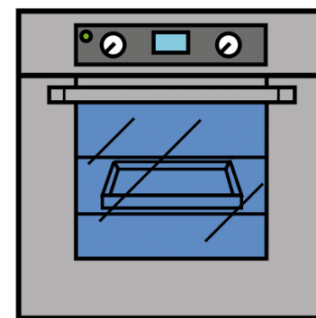
la



pizza



del



horno

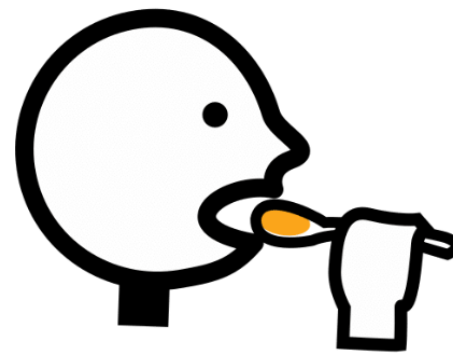


y

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a

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comer

