

Grupo de trabajo:

Adaptación y elaboración de recetas saludables

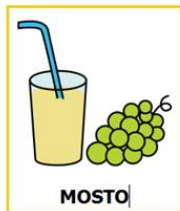
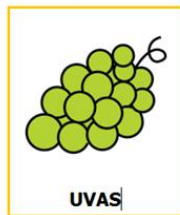
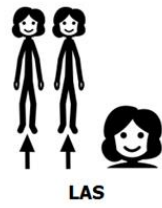
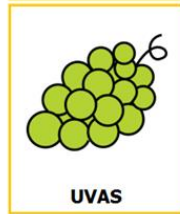
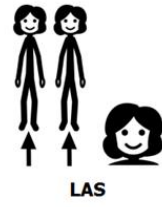
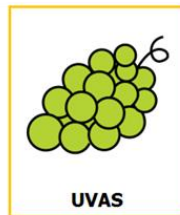
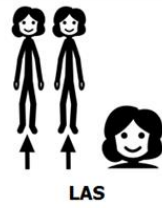
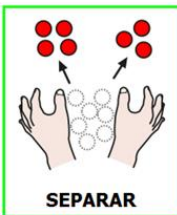
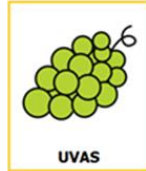
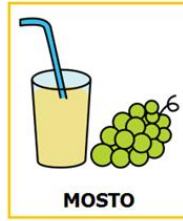
C.E.E.FUENTEMINAYA
Curso 2019-2020

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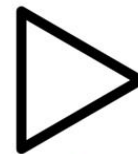
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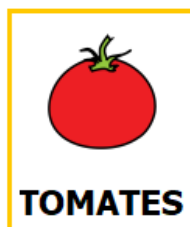
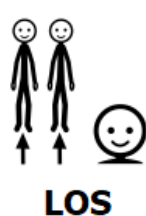
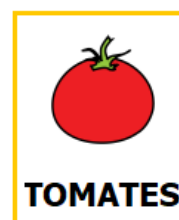
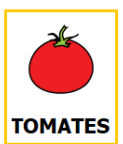


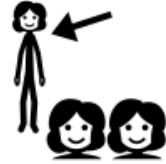
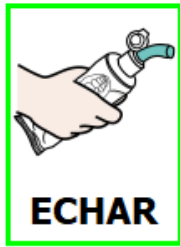
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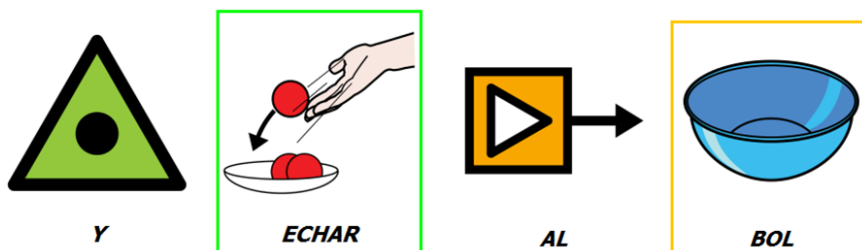
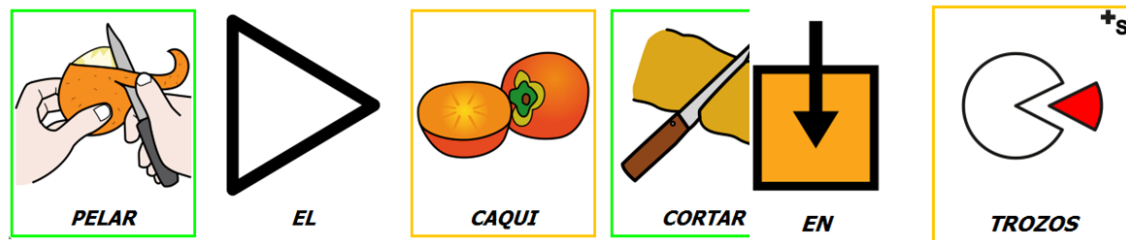
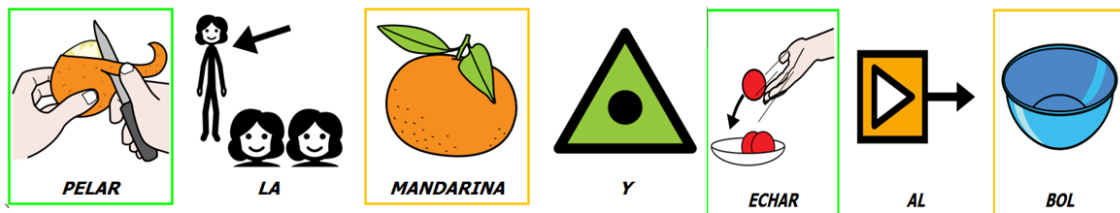
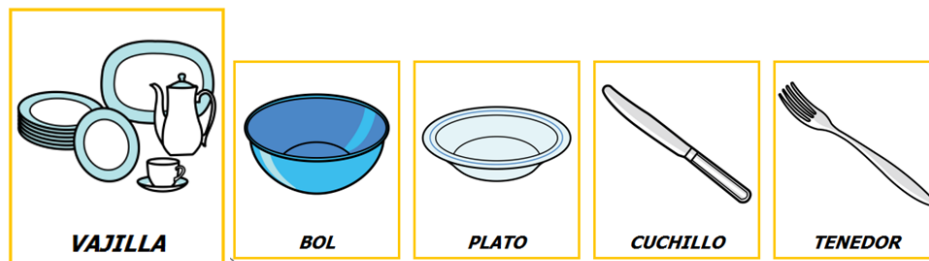
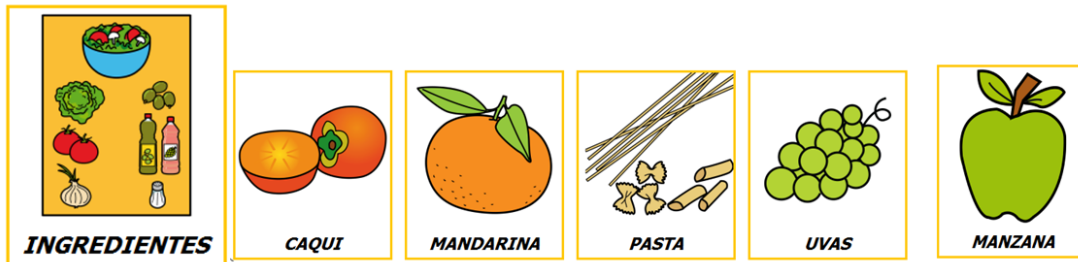
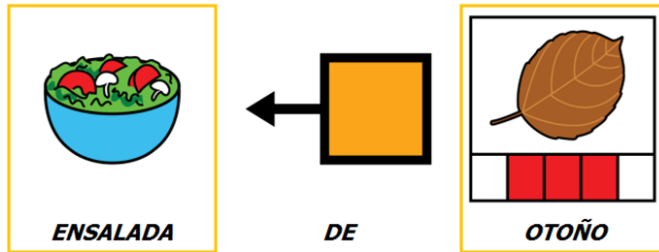


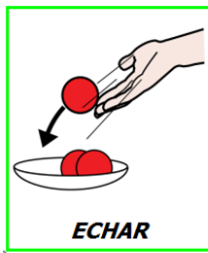




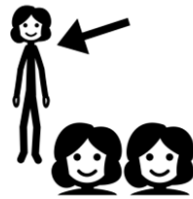
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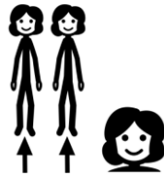
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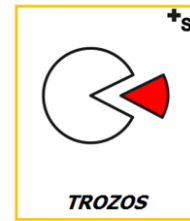
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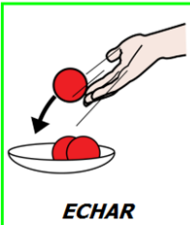
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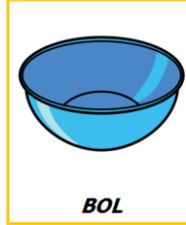
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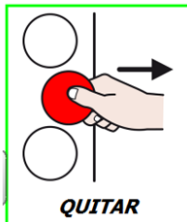
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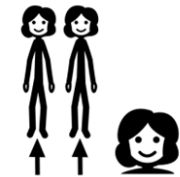
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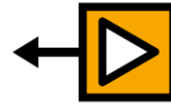
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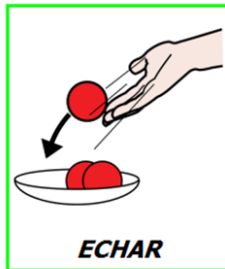
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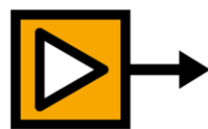
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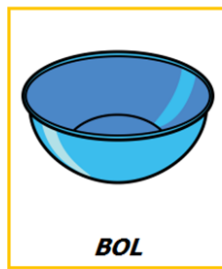
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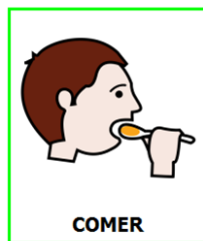
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COMER



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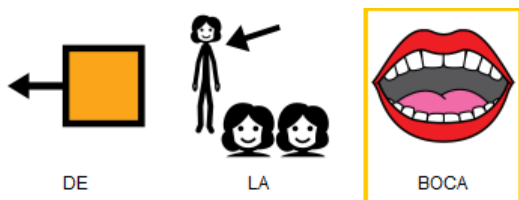
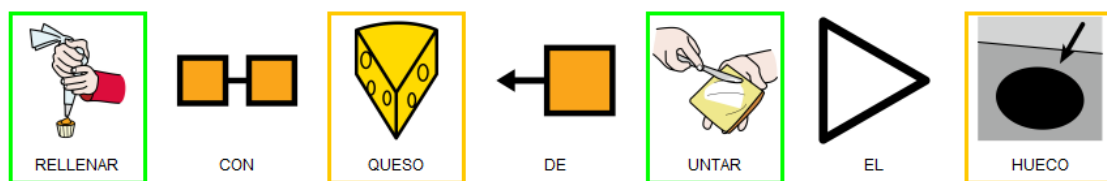
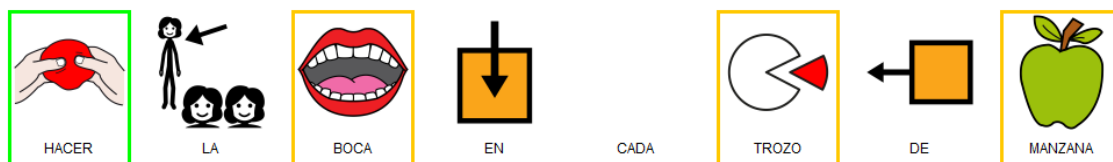
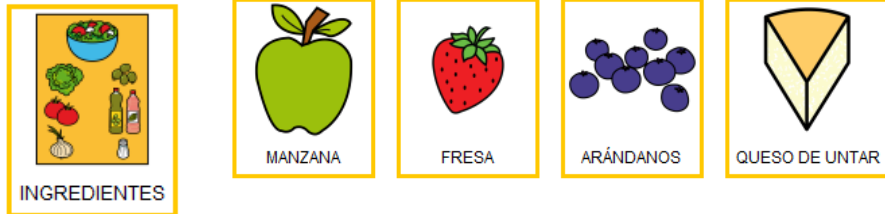
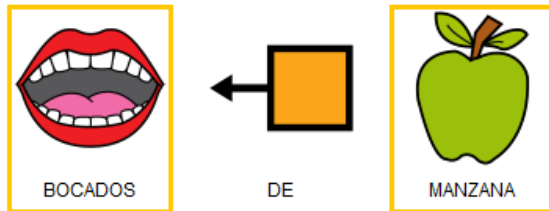
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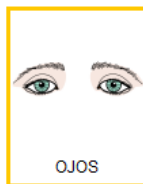
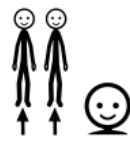
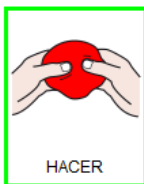
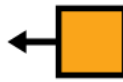
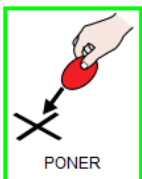
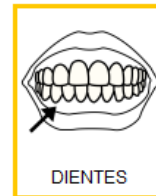
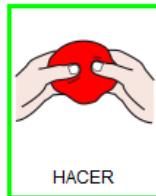
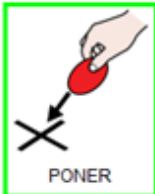
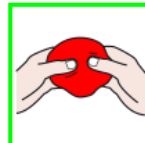
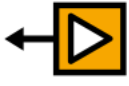
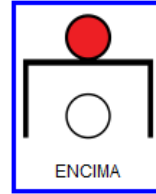
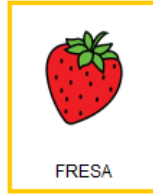
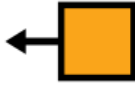
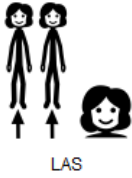
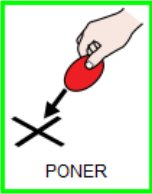
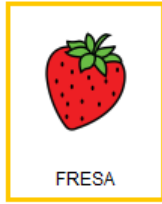


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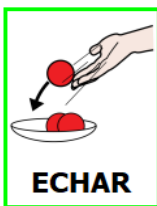
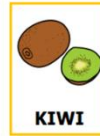
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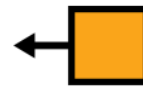


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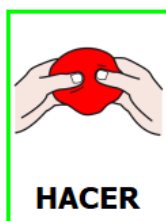
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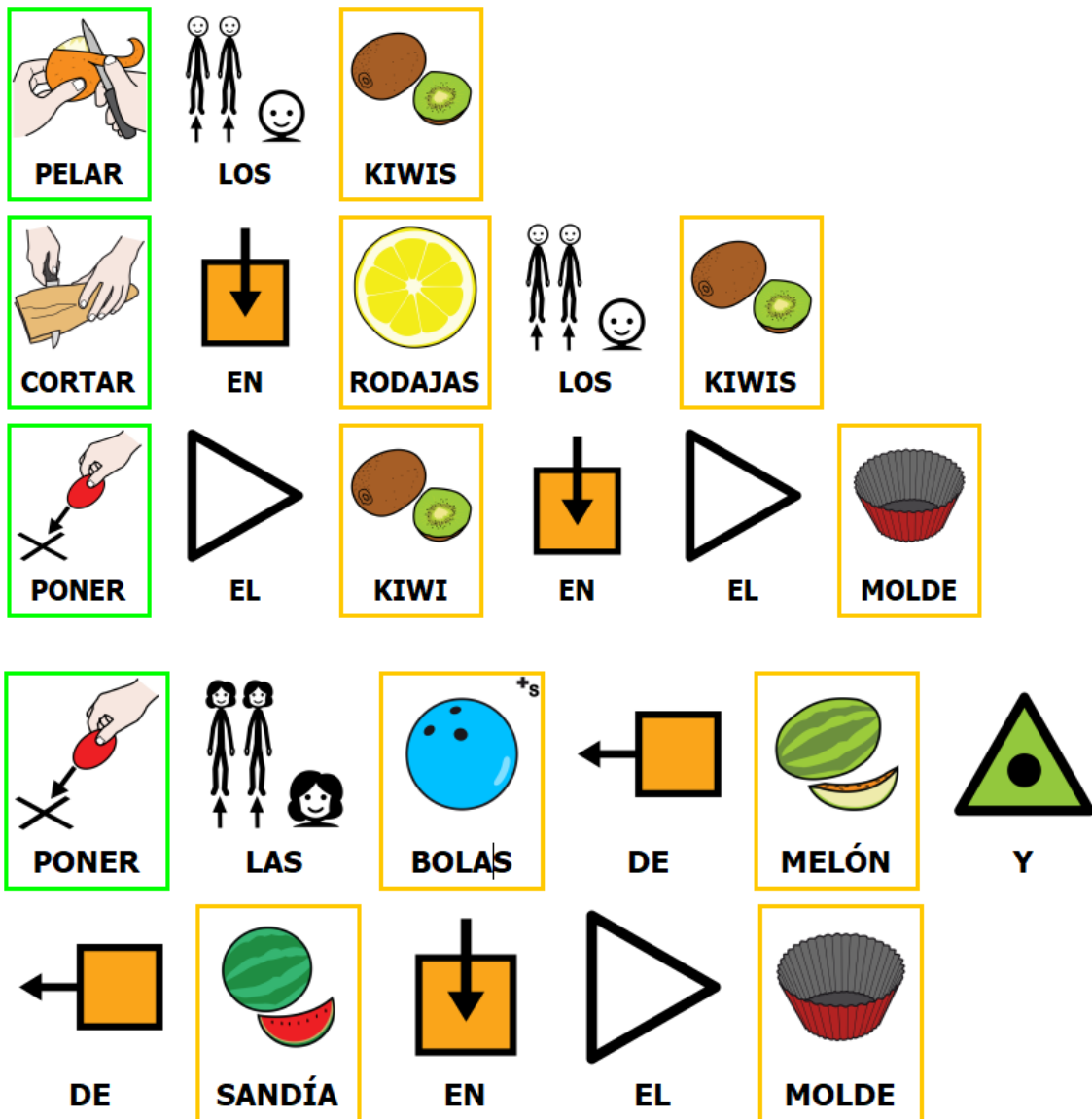


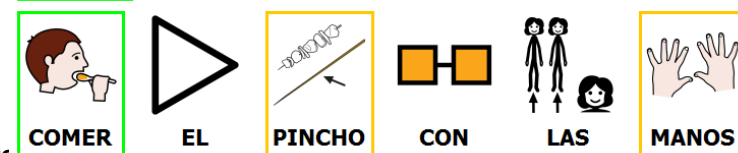
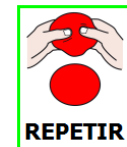
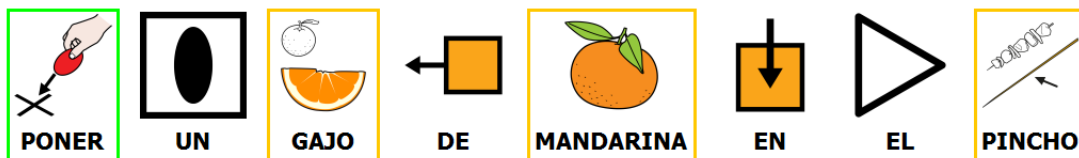
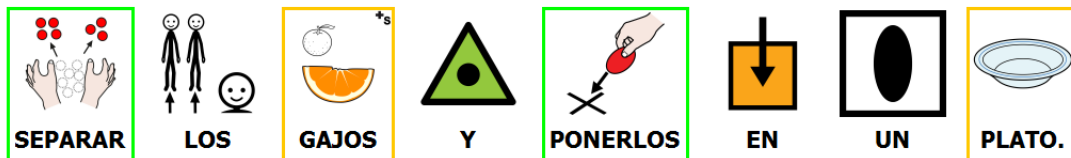
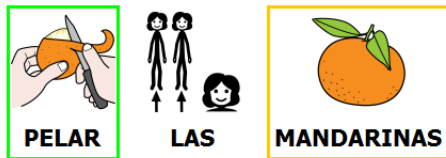
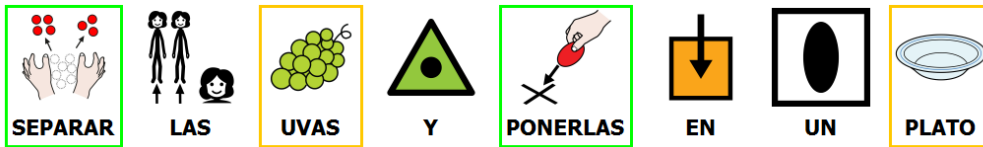
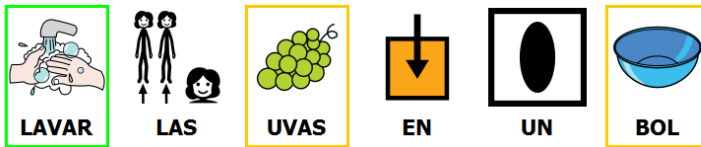
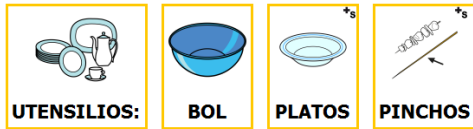
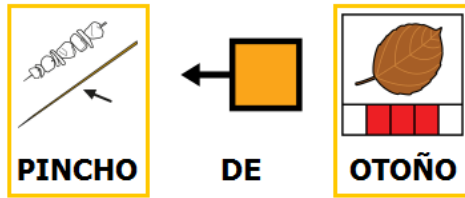
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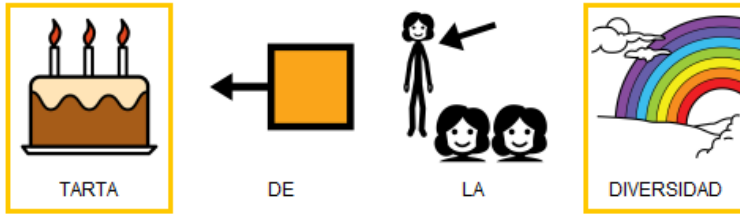


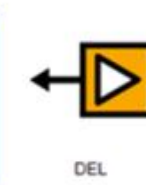
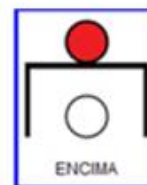
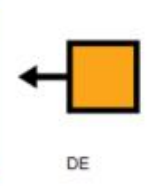
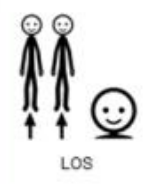
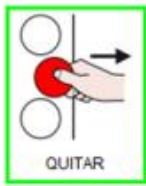
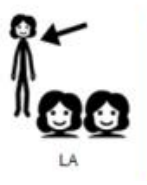
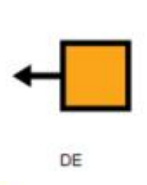
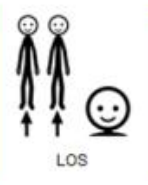
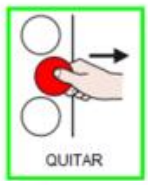
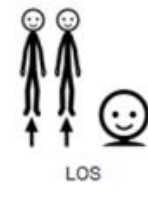
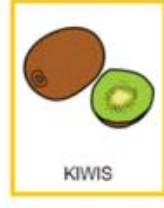
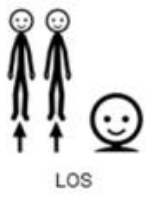
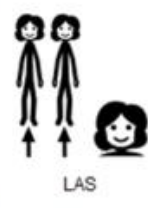
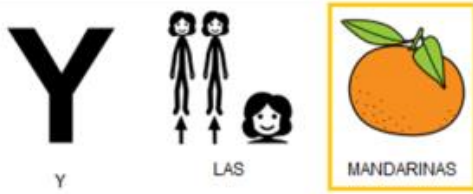
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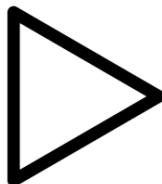
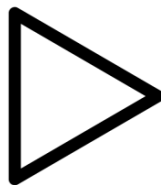
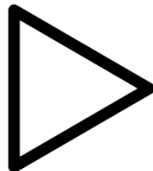
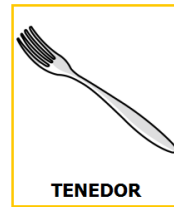
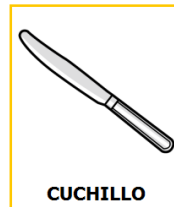
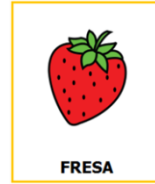
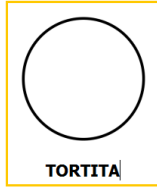
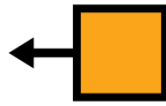
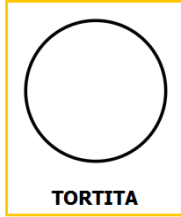
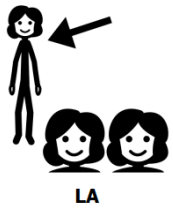


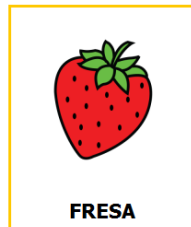
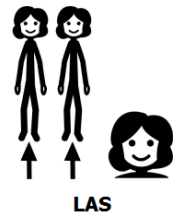
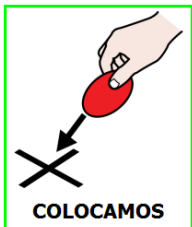
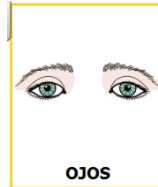
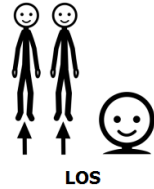
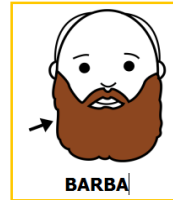
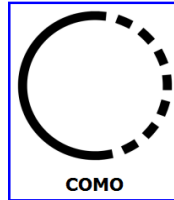
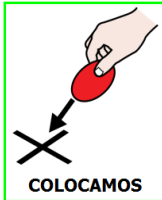
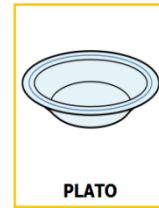
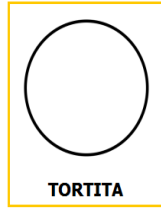


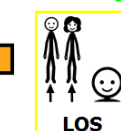
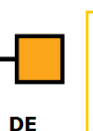
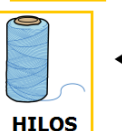
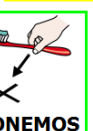
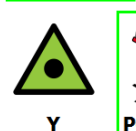
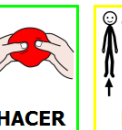
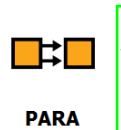
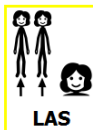
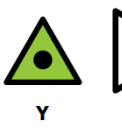
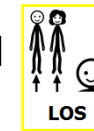
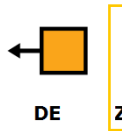
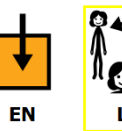
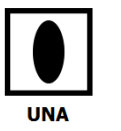
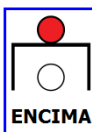


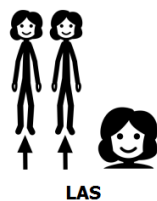
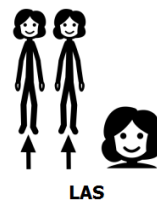
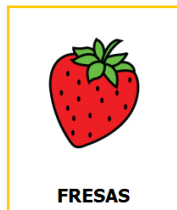
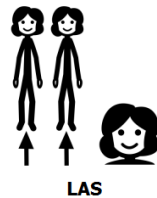
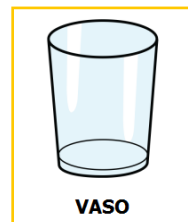
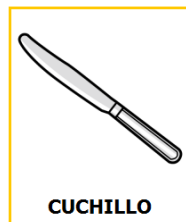
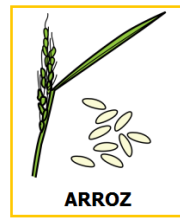
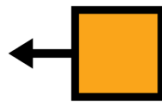
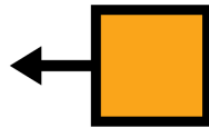


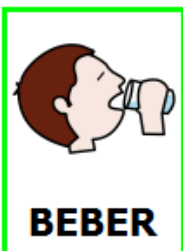
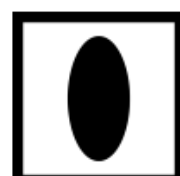
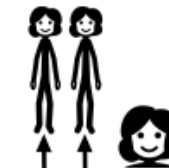
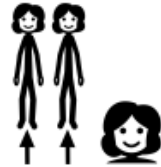
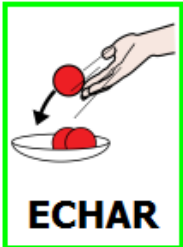
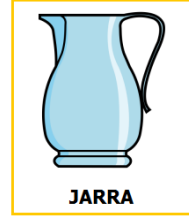
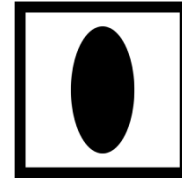
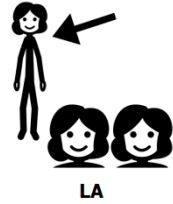
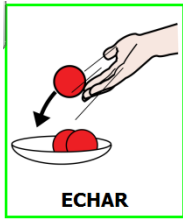






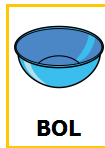




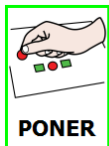




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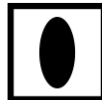
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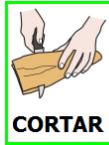
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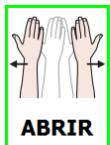
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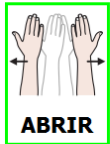
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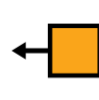
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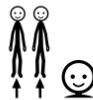
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LA



DE



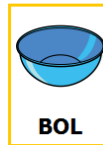
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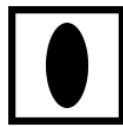
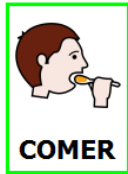
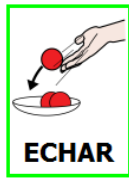


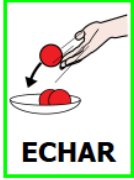
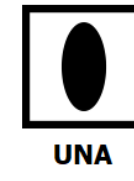
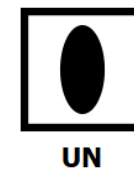
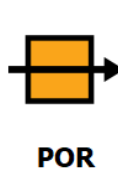
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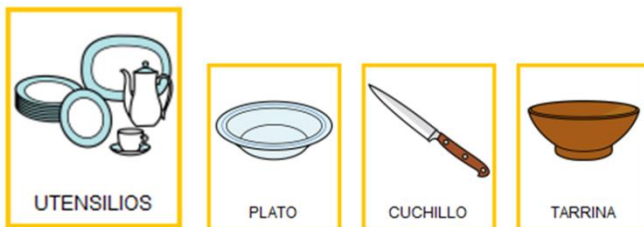


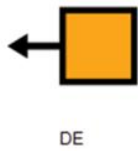
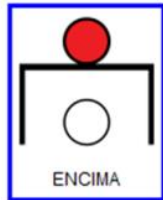
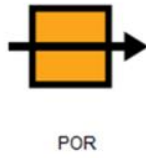
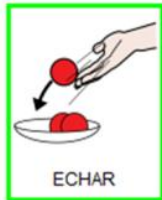
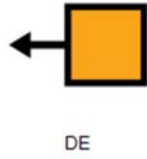
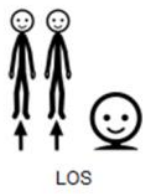
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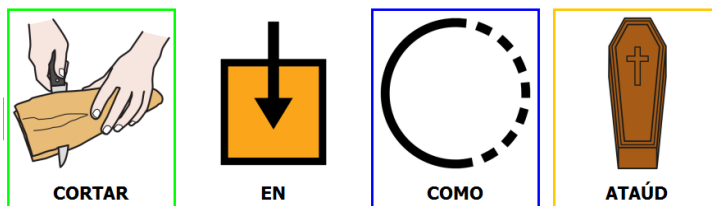
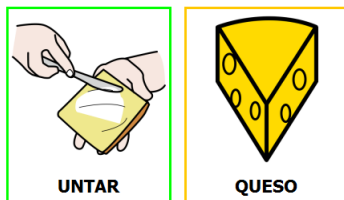
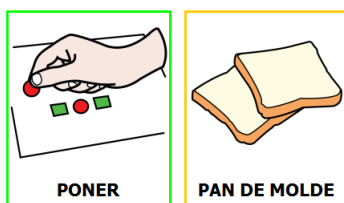
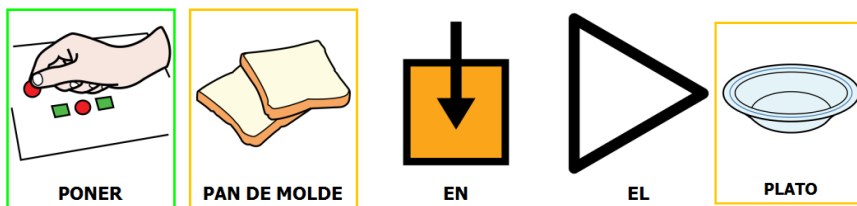
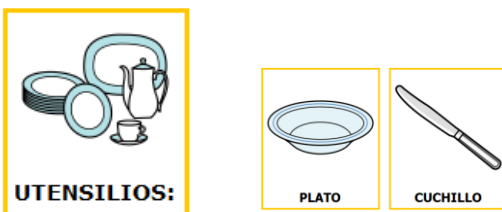
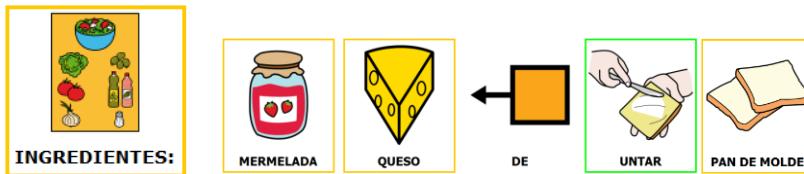
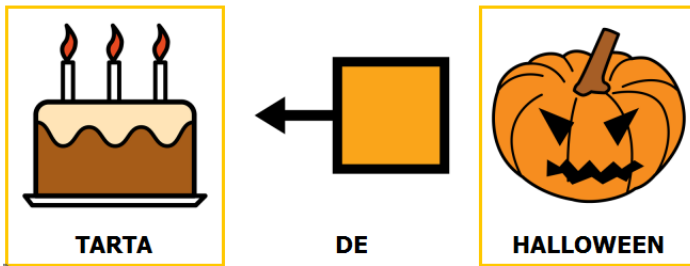














ENSALADA



DE



GARBANZOS



INGREDIENTES



GARBANZOS



LECHUGA



ZANAHORIA



TOMATE



MAÍZ



ACEITE



VINAGRE



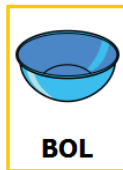
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VAJILLA



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BOL



PLATO



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LA



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Y



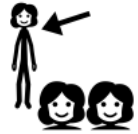
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TROCEAMOS



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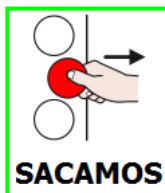
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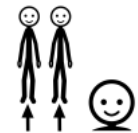
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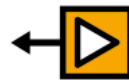
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LOS



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DEL



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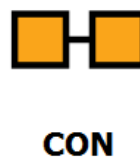
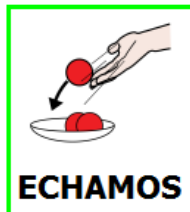
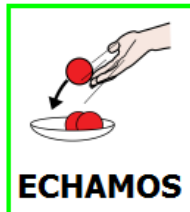
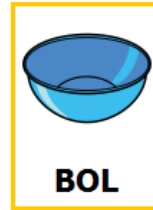
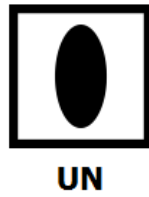


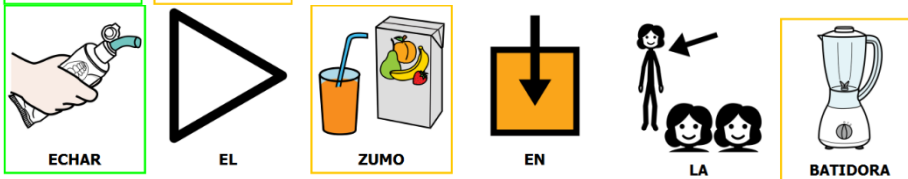
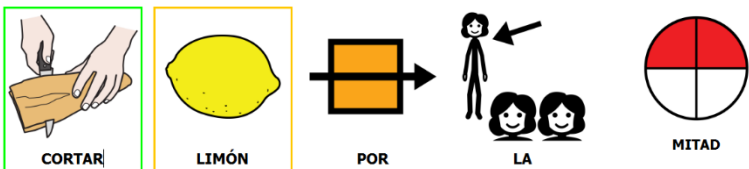
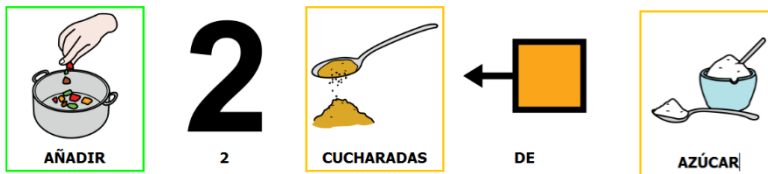
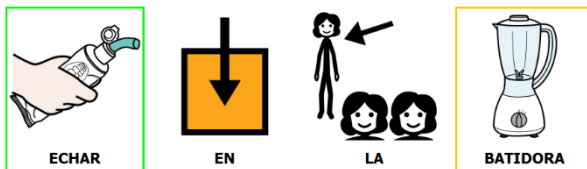
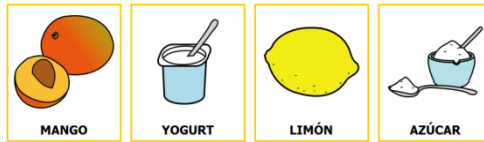
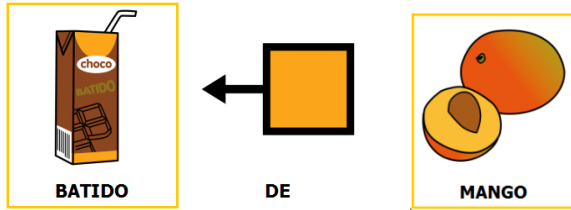
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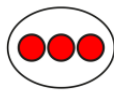


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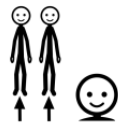
ao Procedencia: ARASAAC (<http://arasac.org>)
Licencia: CC (BY-NC-SA) AUTOR: C.E.E.Fuenteminaya







TODOS



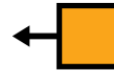
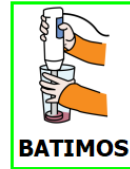
LOS



E



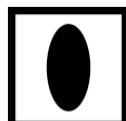
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DE



EN



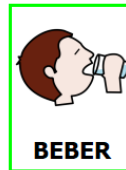
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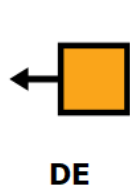
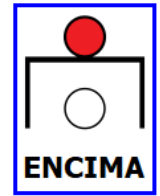


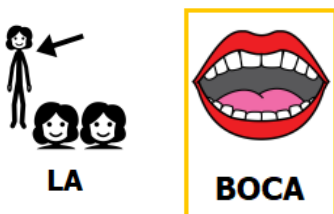
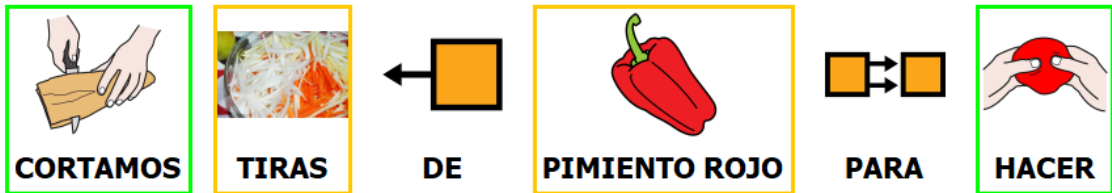
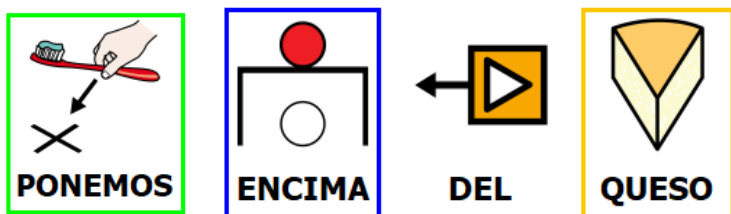
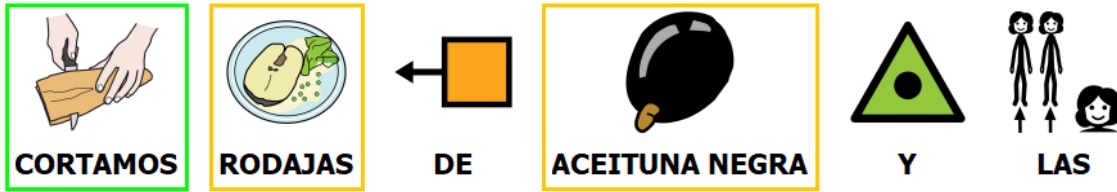
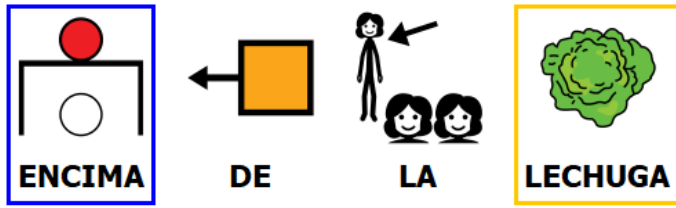
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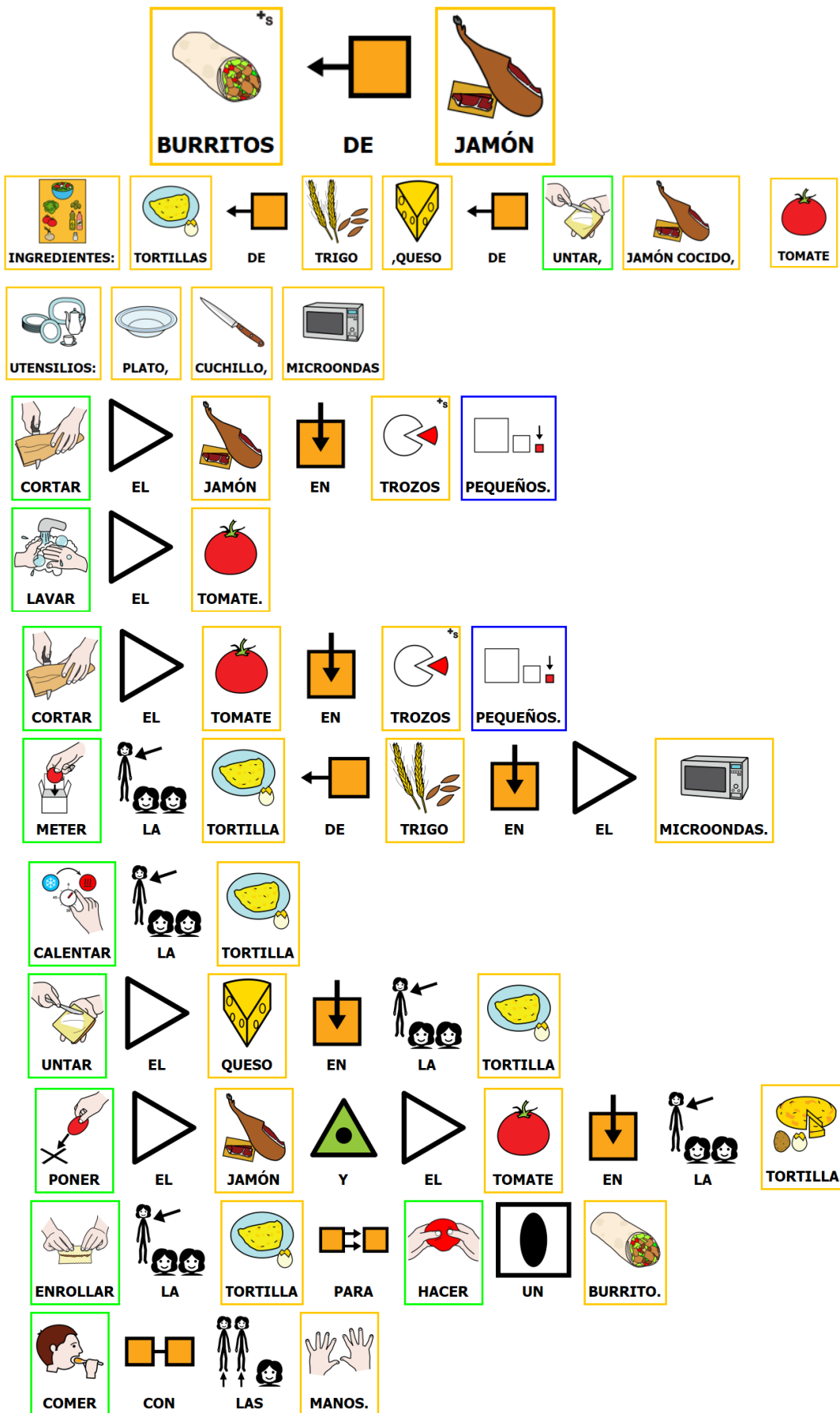


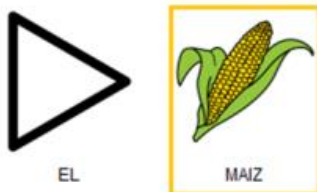
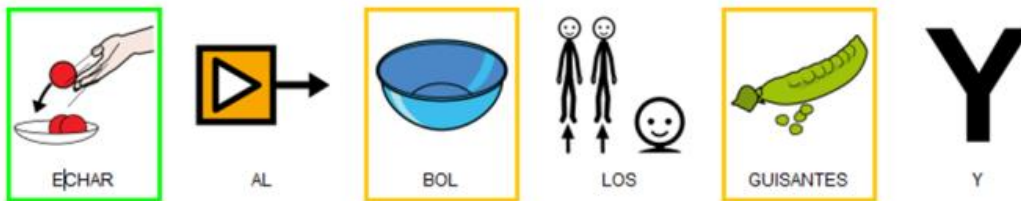
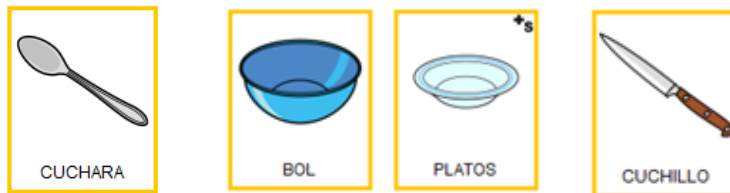
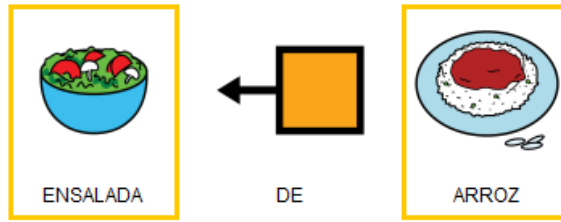
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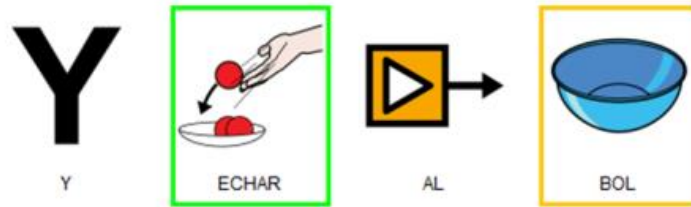










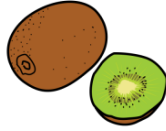




ÁRBOL DE NAVIDAD



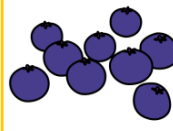
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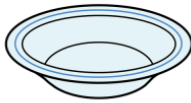
MELOCOTÓN



ARÁNDANOS



UTENSILIOS:



PLATO



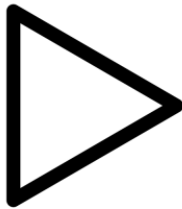
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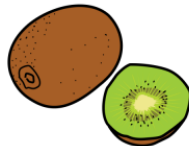
TENEDOR



PELAMOS



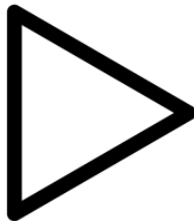
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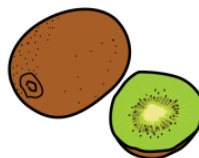
KIWI



CORTAMOS



EL



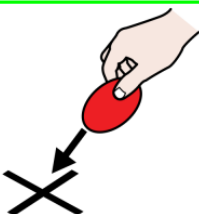
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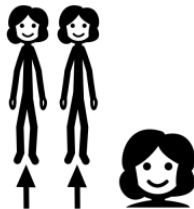
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RODAJA



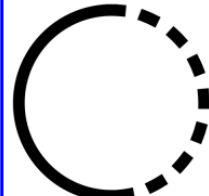
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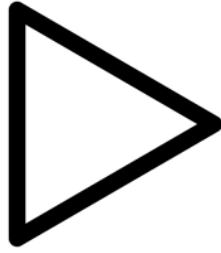
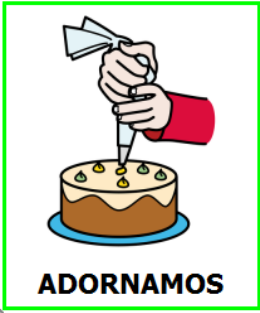
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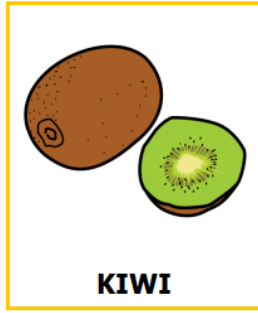
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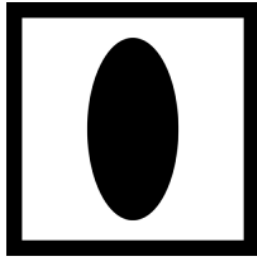
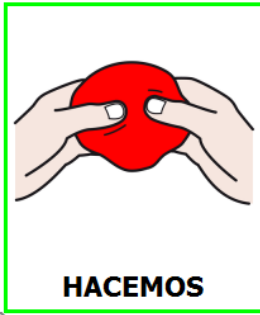
ÁRBOL DE NAVIDAD



EL



CON



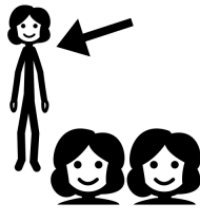
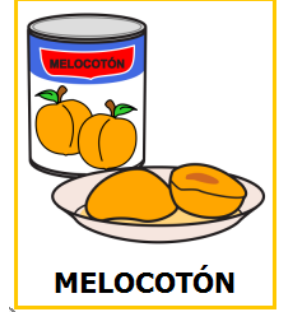
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ESTRELLA



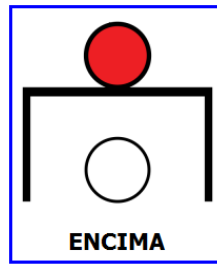
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LA



ESTRELLA

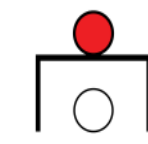
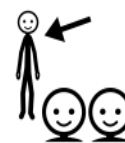
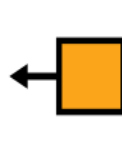
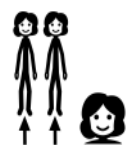
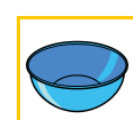
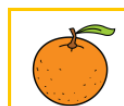


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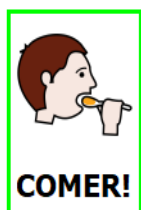


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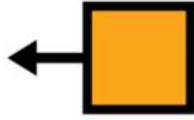
a

!A





ROLLITO



DE



JAMÓN



Y



ESPÁRRAGOS



INGREDIENTES:



JAMÓN



ESPÁRRAGOS



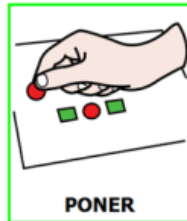
QUESO



UTENSILIOS:



PLATO



PONER



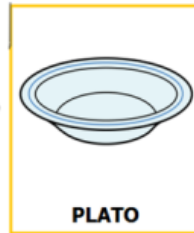
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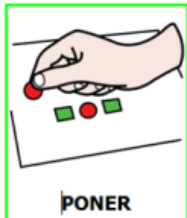
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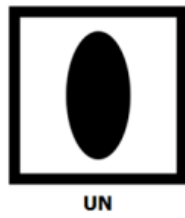
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PLATO



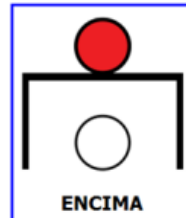
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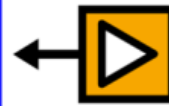
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ESPÁRRAGO



ENCIMA



DEL



JAMÓN



ENROLLAR



EL



ESPÁRRAGO



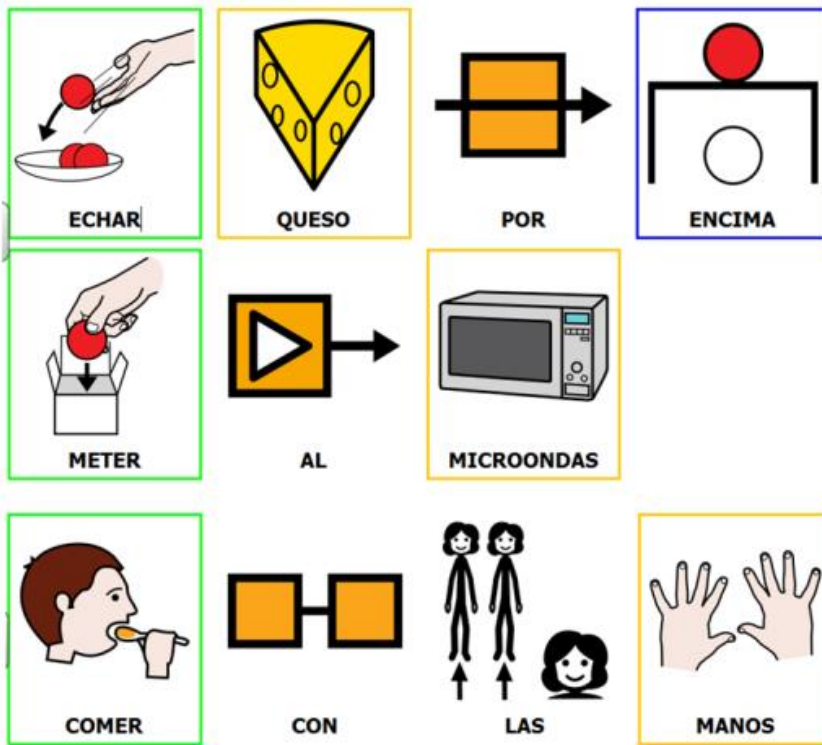
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EL

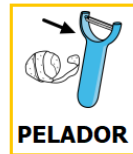


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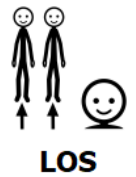
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DE



EN



EL

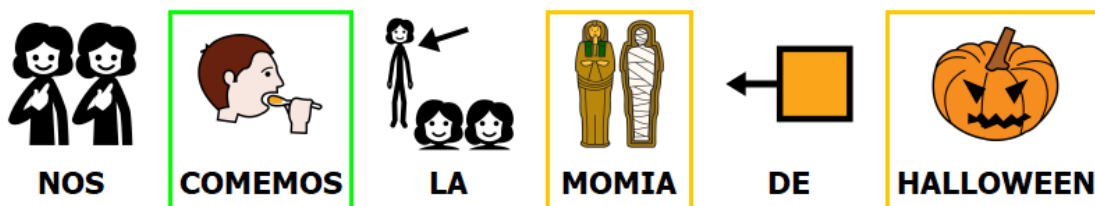
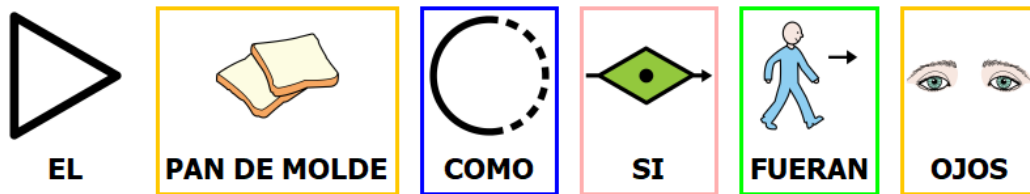
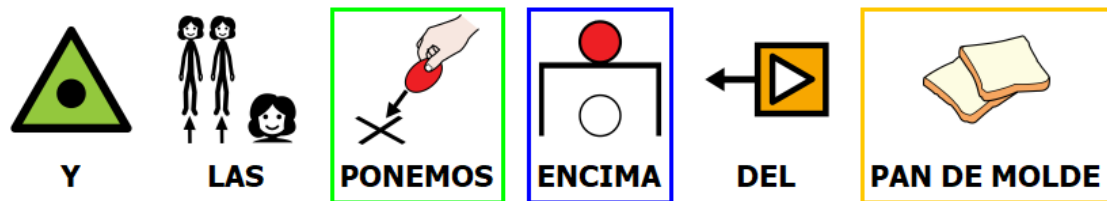


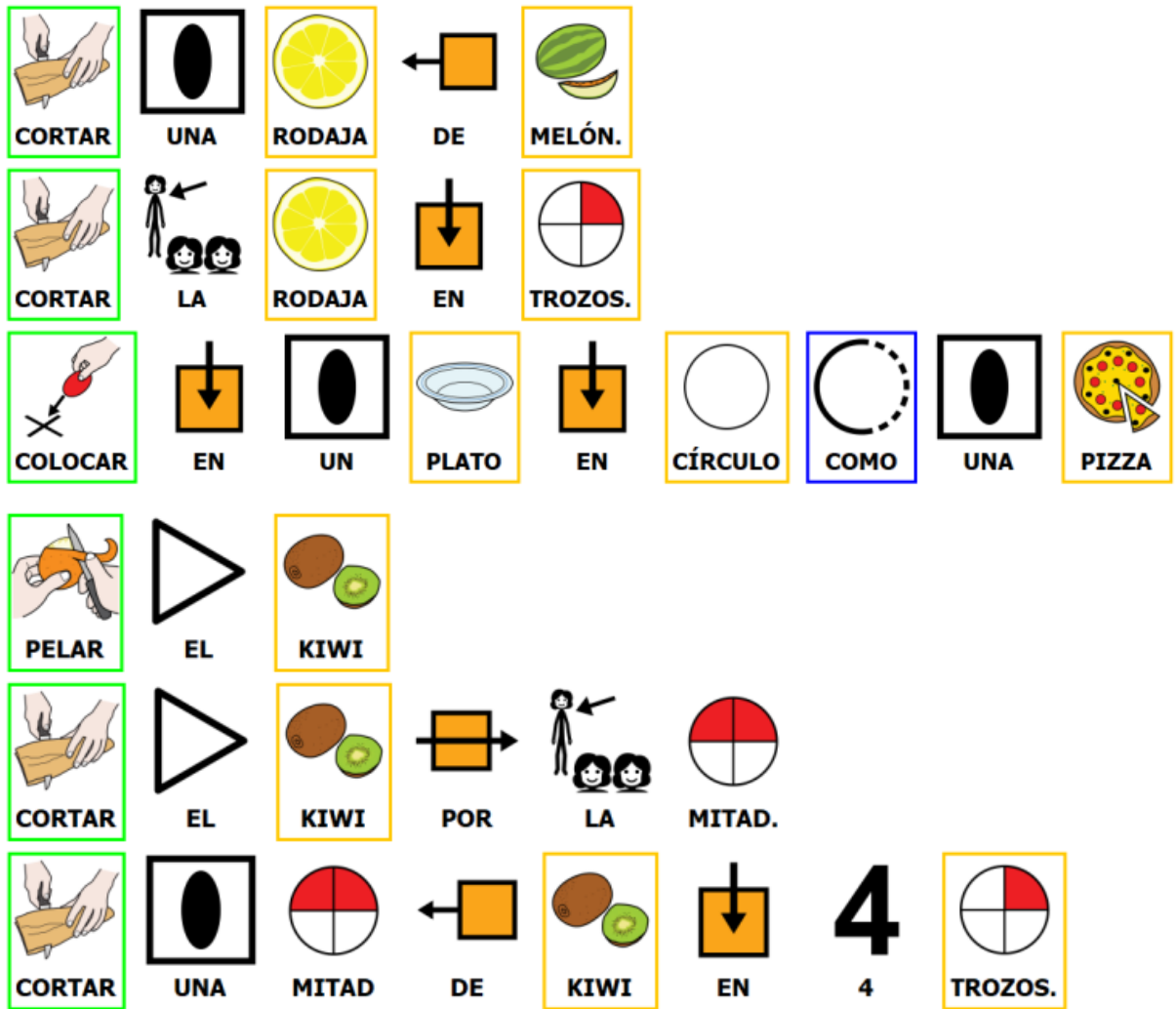
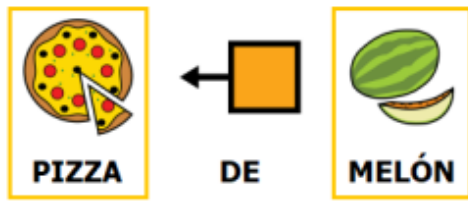
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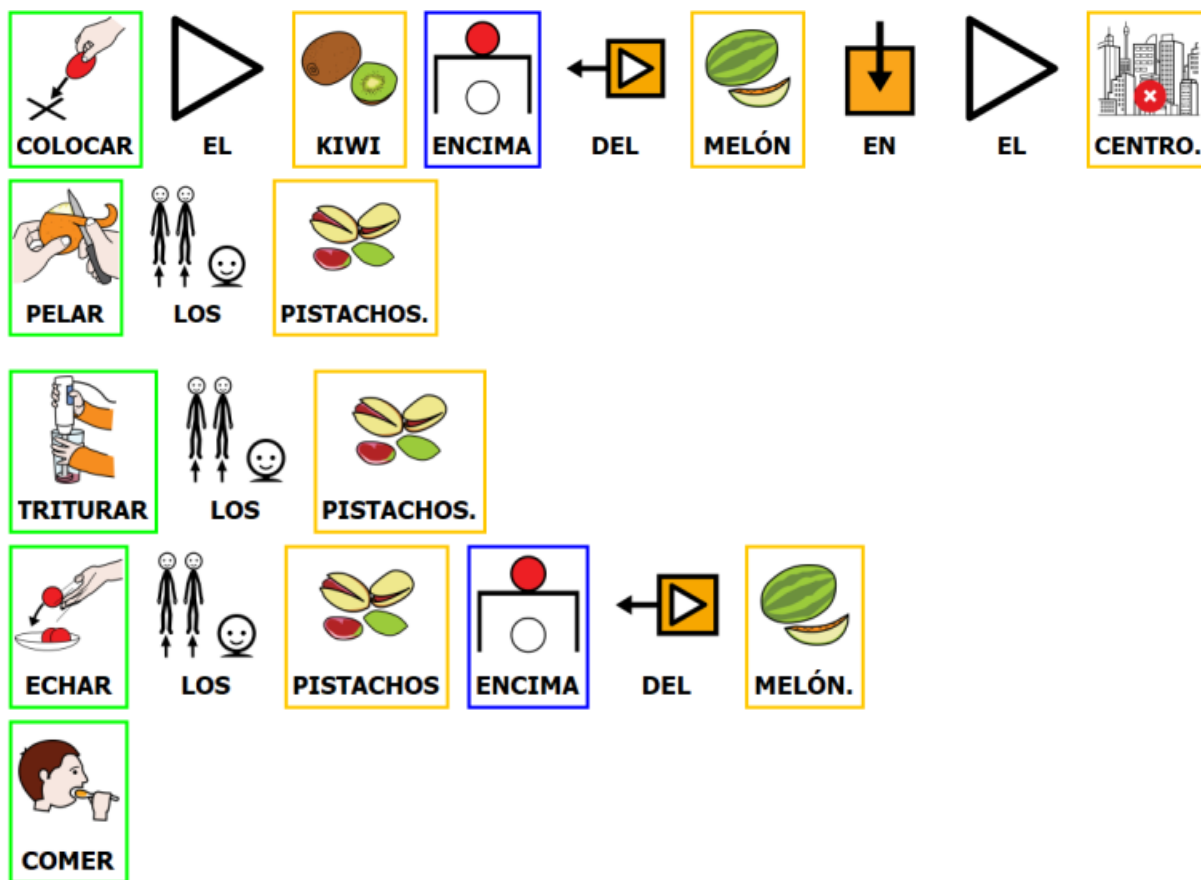


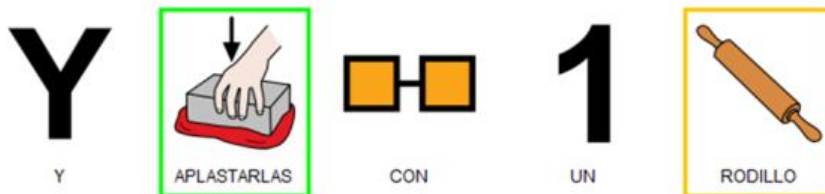
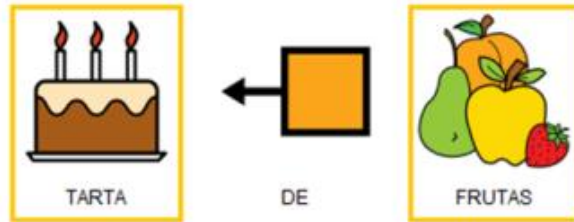
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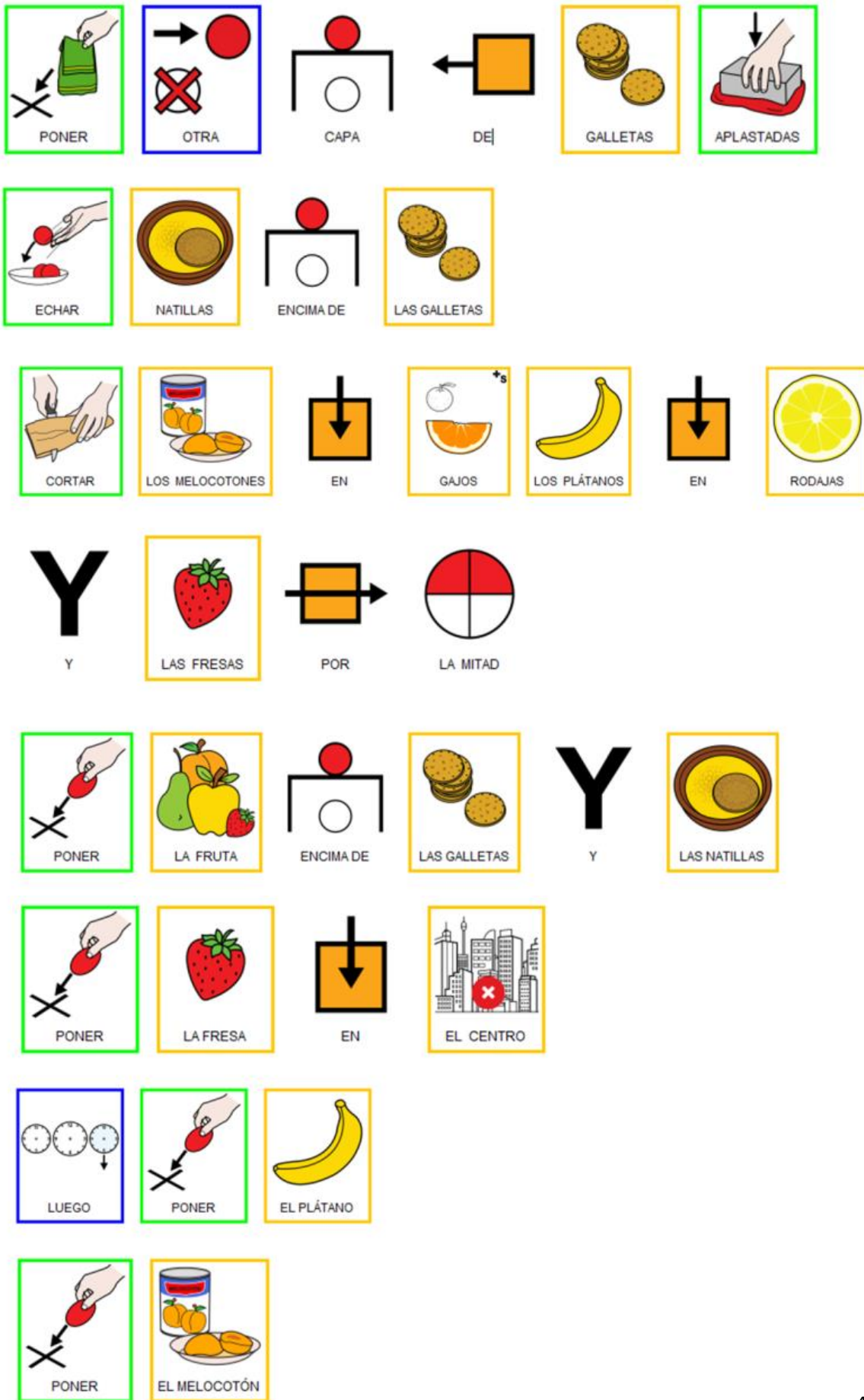


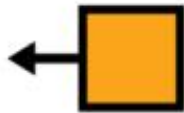




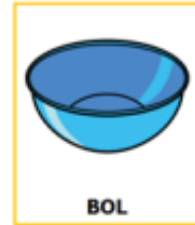
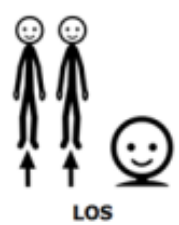
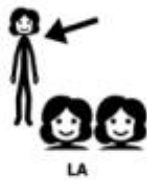
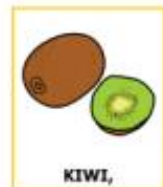


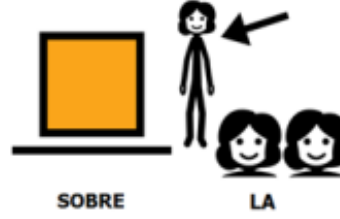
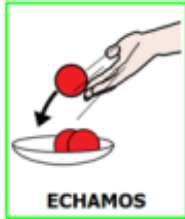






DE







CON



LA



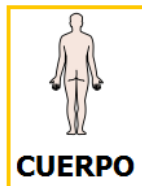
EN



Y



EL



AL



2

DOS



DE



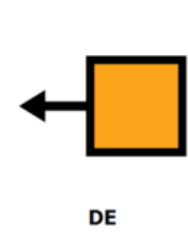
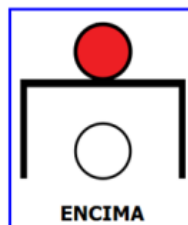
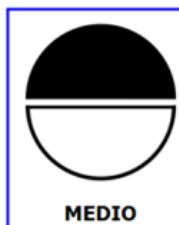
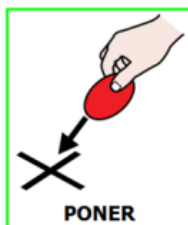
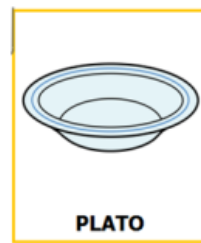
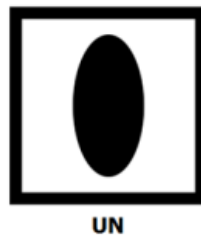
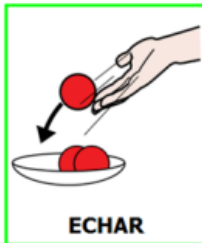
Y



LOS

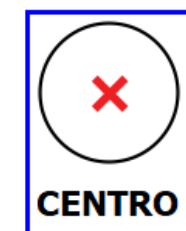
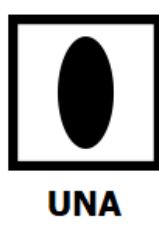
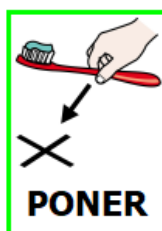
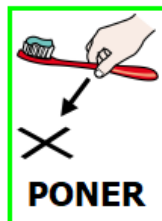






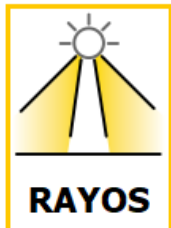
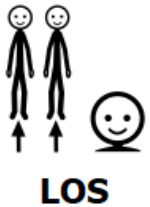
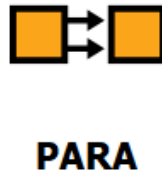
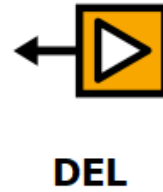
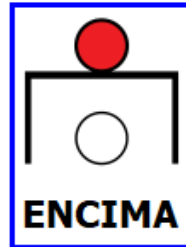
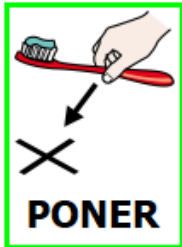
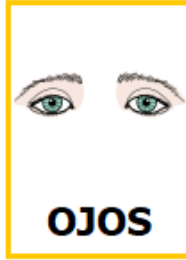
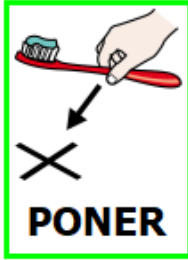
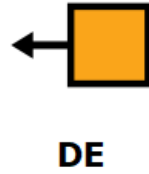


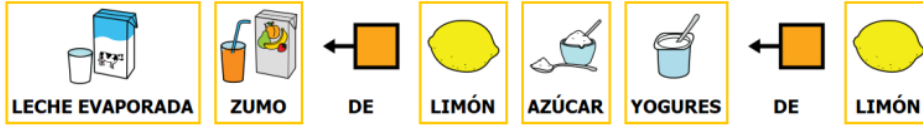
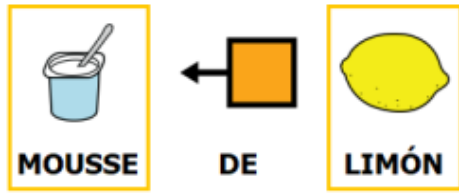
DE





2
DOS





ECHAMOS LA LECHE EVAPORADA EN UNA JARRA.

ECHAMOS LOS YOGURES CON LA LECHE.

BATIMOS LOS YOGURES Y LA LECHE.

CORTAMOS LOS LIMONES POR LA MITAD

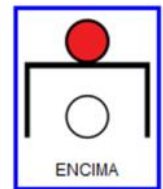
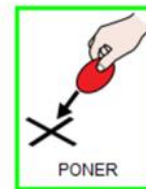
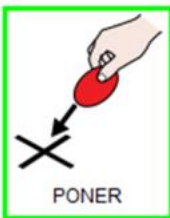
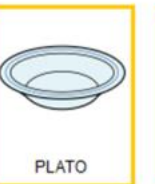
EXPRIMIMOS LOS LIMONES Y ECHAMOS EL ZUMO EN LA JARRA.

MEZCLAMOS

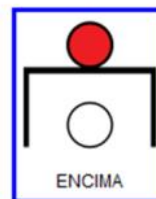
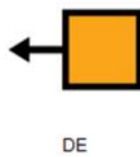
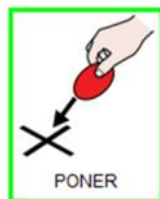
ECHAMOS UN POCO DE AZÚCAR.

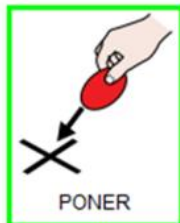
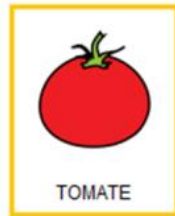
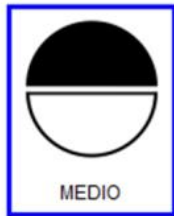
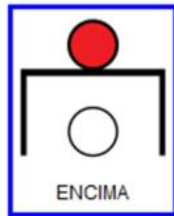
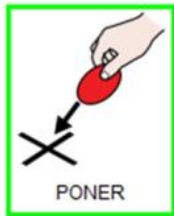
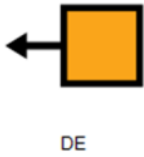
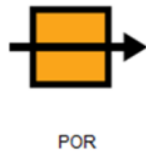
MEZCLAMOS Y SERVIMOS EN VASOS.

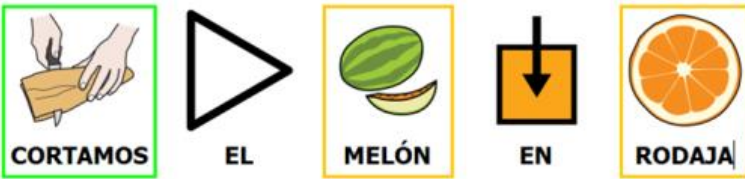
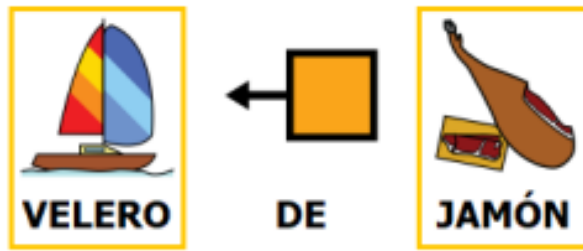
a A BEBER

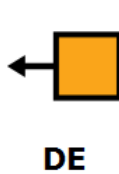


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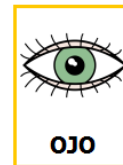
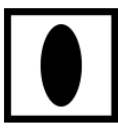
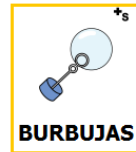
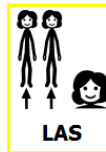
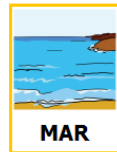
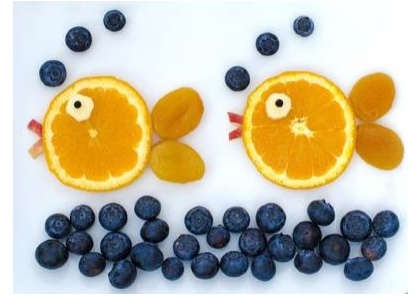
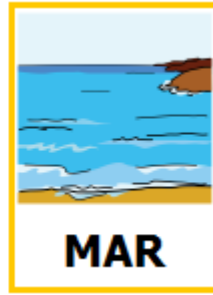
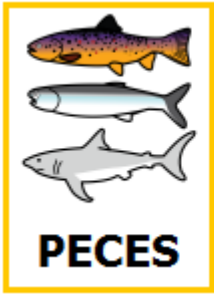








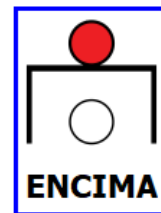
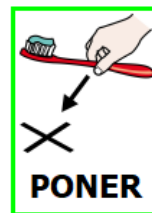
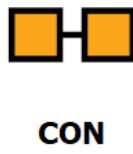
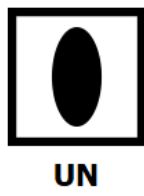


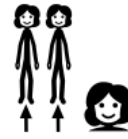
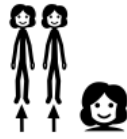


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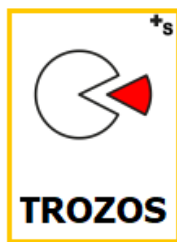
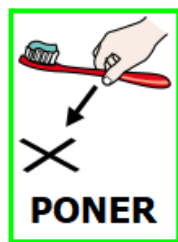
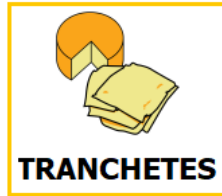
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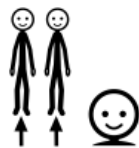




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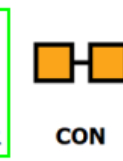
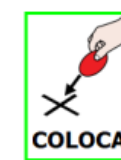
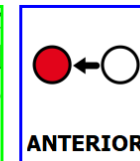
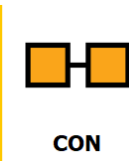
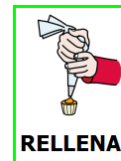
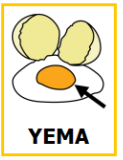
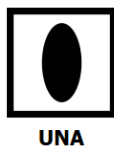
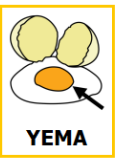
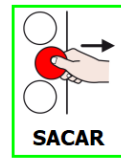
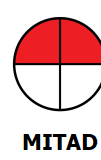
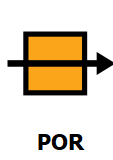
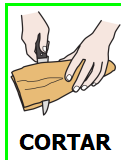


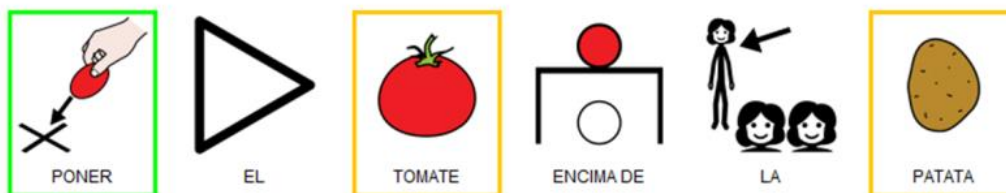
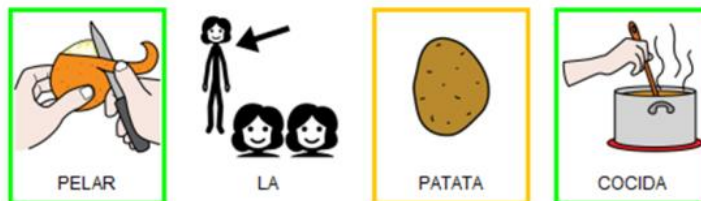
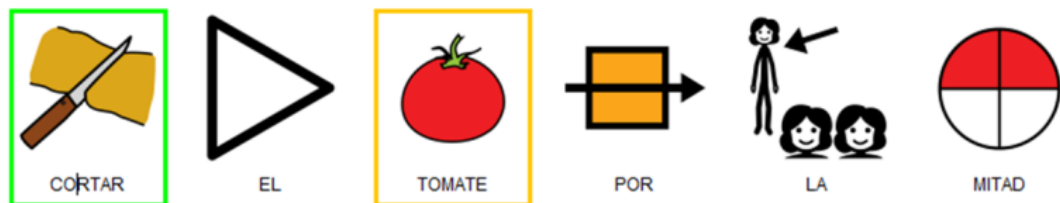
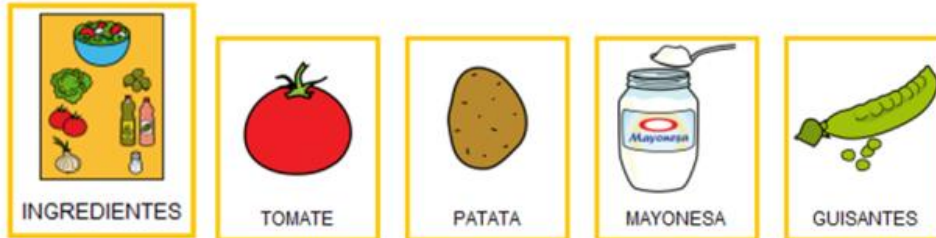
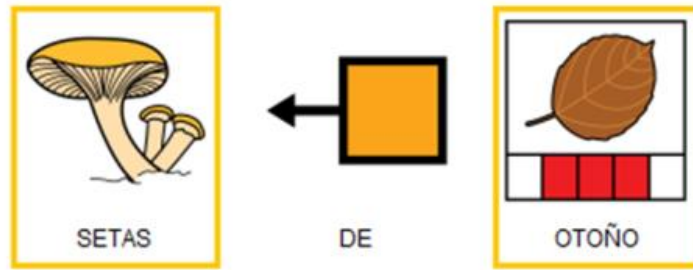
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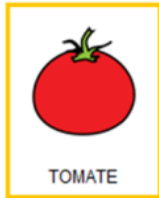


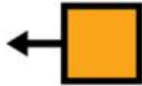
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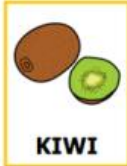






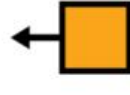


DE



1

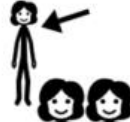
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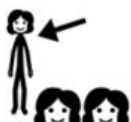
DE



EN



LA



LA



Y



LA



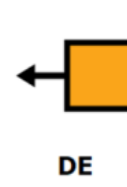
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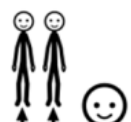
SOBRE



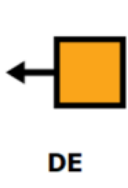
EL



DE



LOS



DE

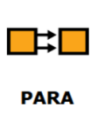
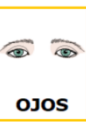
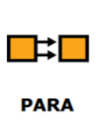
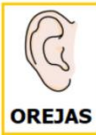
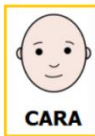
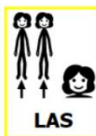
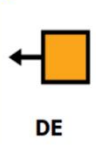


SOBRE



EL





Act

Activa





EL



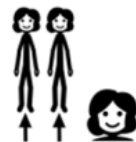
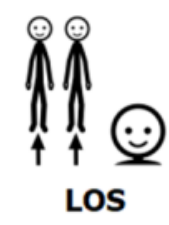
DEL



EL

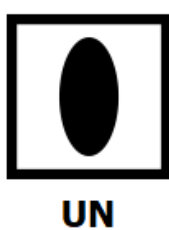
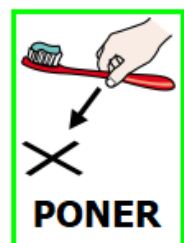
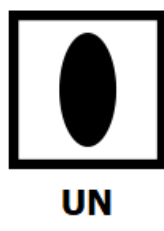
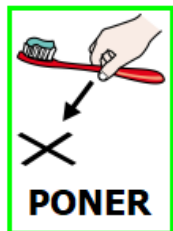
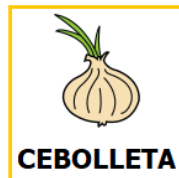


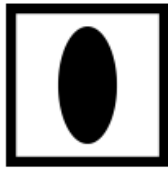
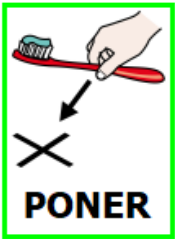
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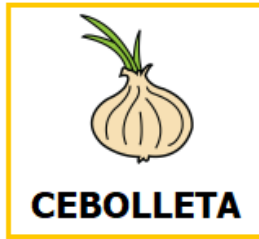
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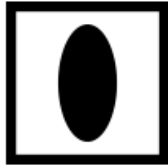
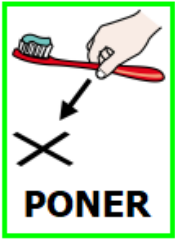
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EN



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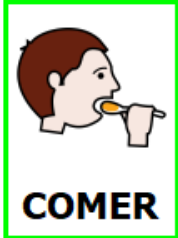
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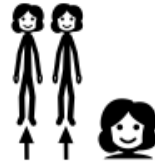
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EL






CON






LAS






 **TOSTA**  **DE**  **TOMATE**

INGREDIENTES:  **TOMATE**  **LATA DE ATÚN**  **HUEVO COCIDO**  **ACEITUNA**  **ACEITE**  **VINAGRE**  **Y**  **SAL**

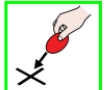







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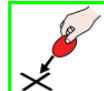




 **LAVAR**  **LOS**  **TOMATES**


 **CORTAR**  **LOS**  **TOMATES**  **EN**  **RODAJAS**  **Y**  **COLOCAR**  **EN**  **UN**  **PLATO**

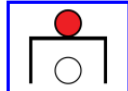
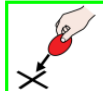




 **PELAR**  **LOS**  **HUEVOS**

 **CORTAR**  **LOS**  **HUEVOS**  **EN**  **RODAJAS**  **Y**  **COLOCAR**  **EN**  **UN**  **PLATO.**

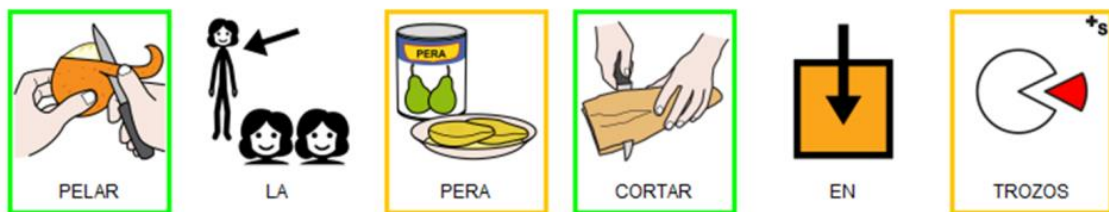
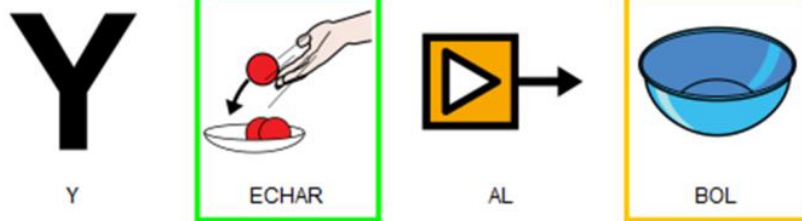
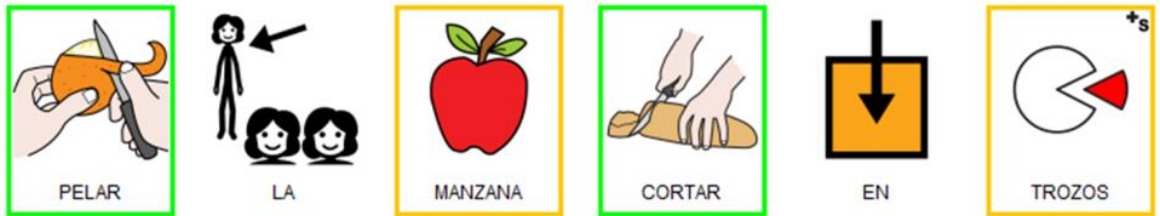
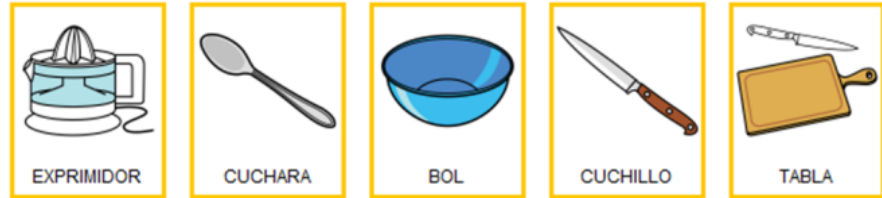
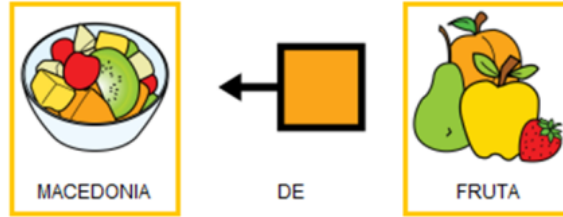
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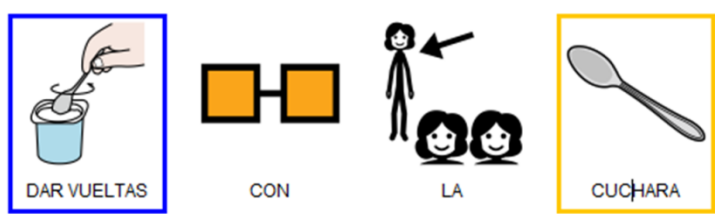
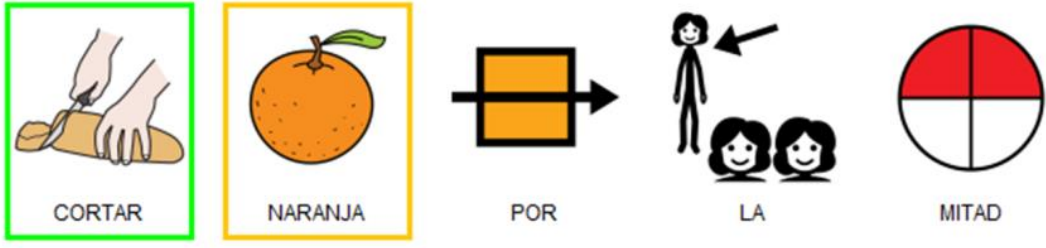
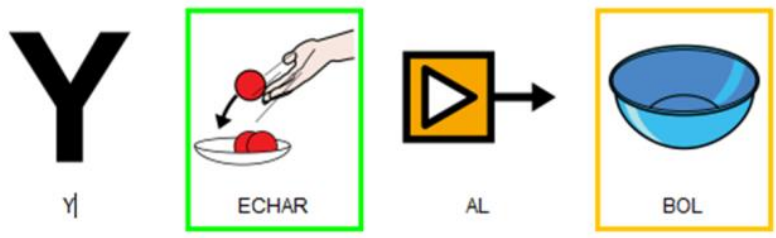
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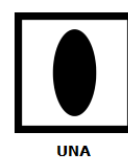
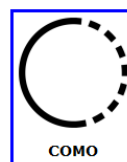
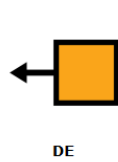
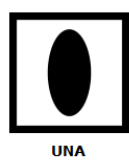
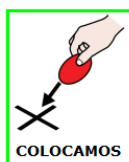
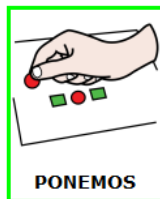
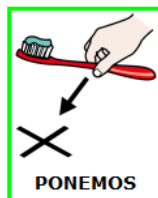
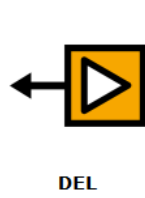
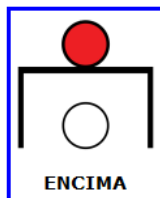
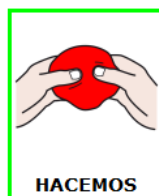
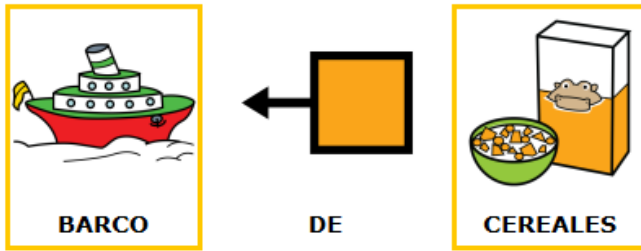
 **PONER**  **UNA**  **ACEITUNA.**

 **ENCIMA,**  **PONER**  **UNA**  **RODAJA**  **DE**  **HUEVO.**

 **ECHAR**  **ACEITE**  **VINAGRE**  **Y**  **SAL**  **COMER**

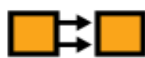


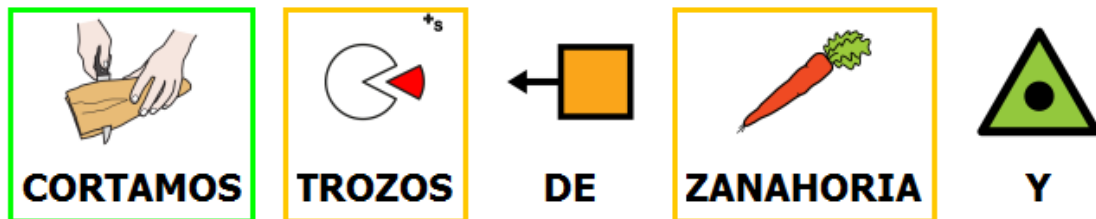
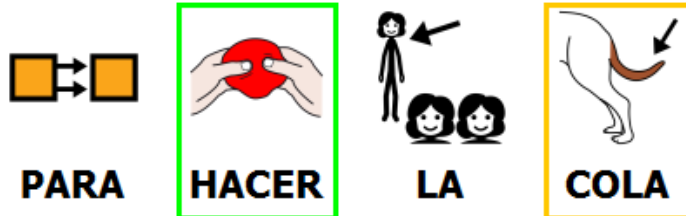
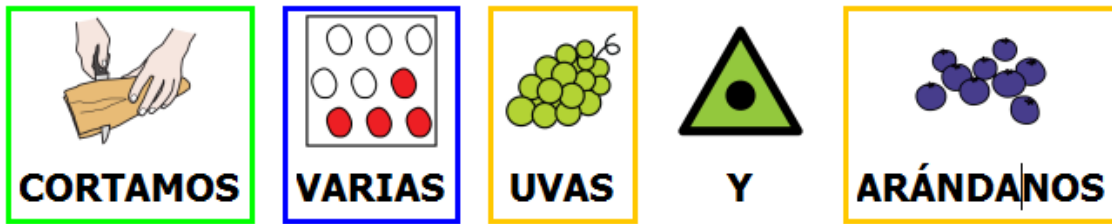






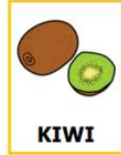
DE







DE



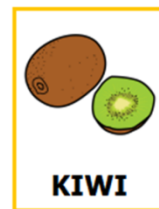
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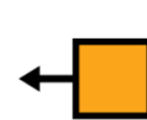
EN



EL

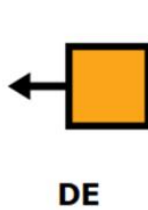
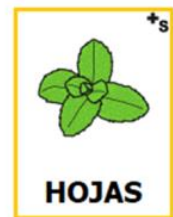
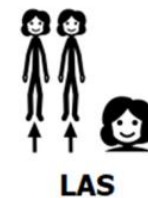
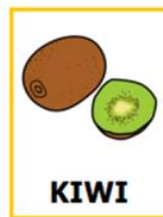
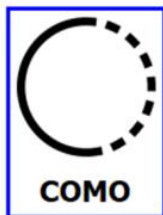
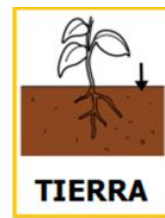
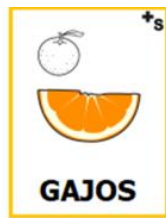
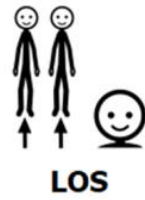


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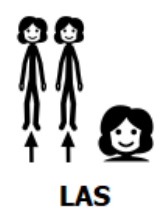
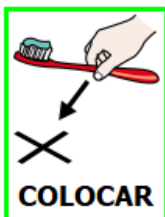
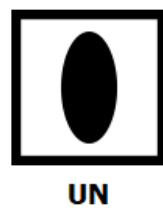
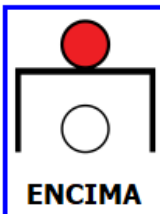
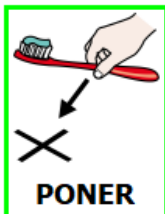
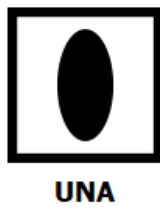
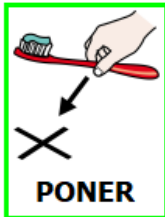
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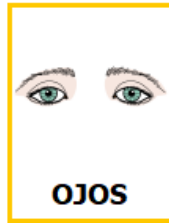




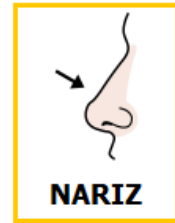
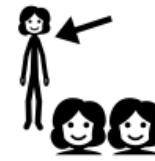


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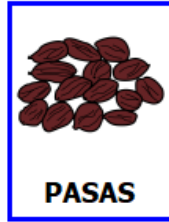
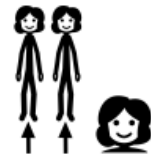




Y



CON





DE



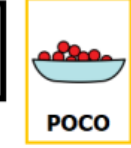
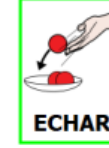
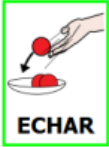
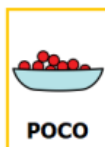
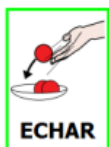
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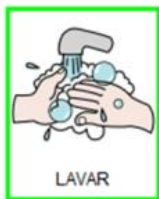


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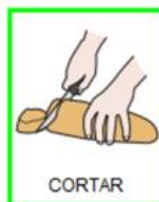
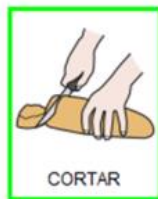


BOLSA

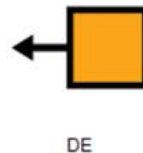




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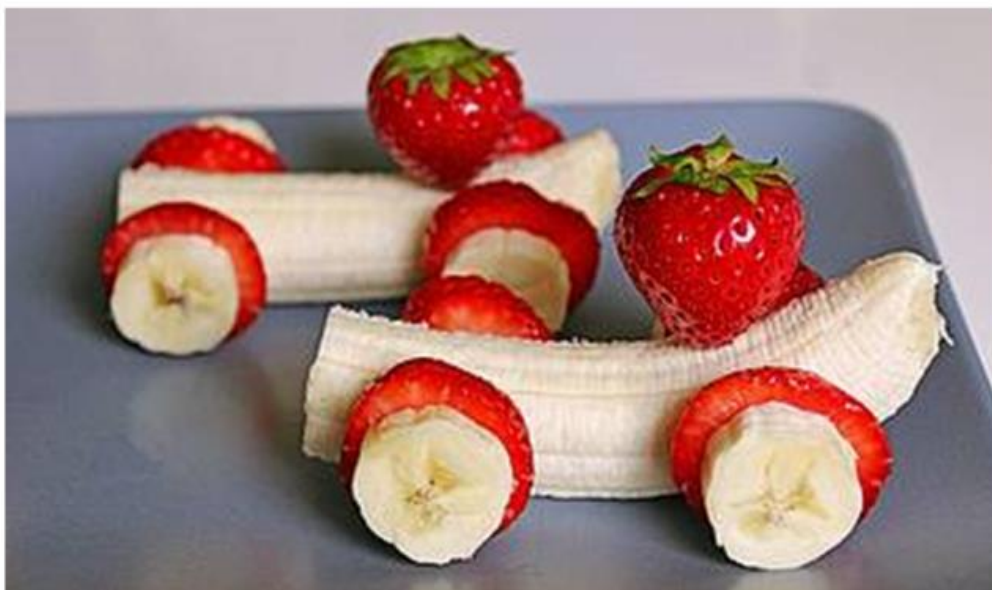
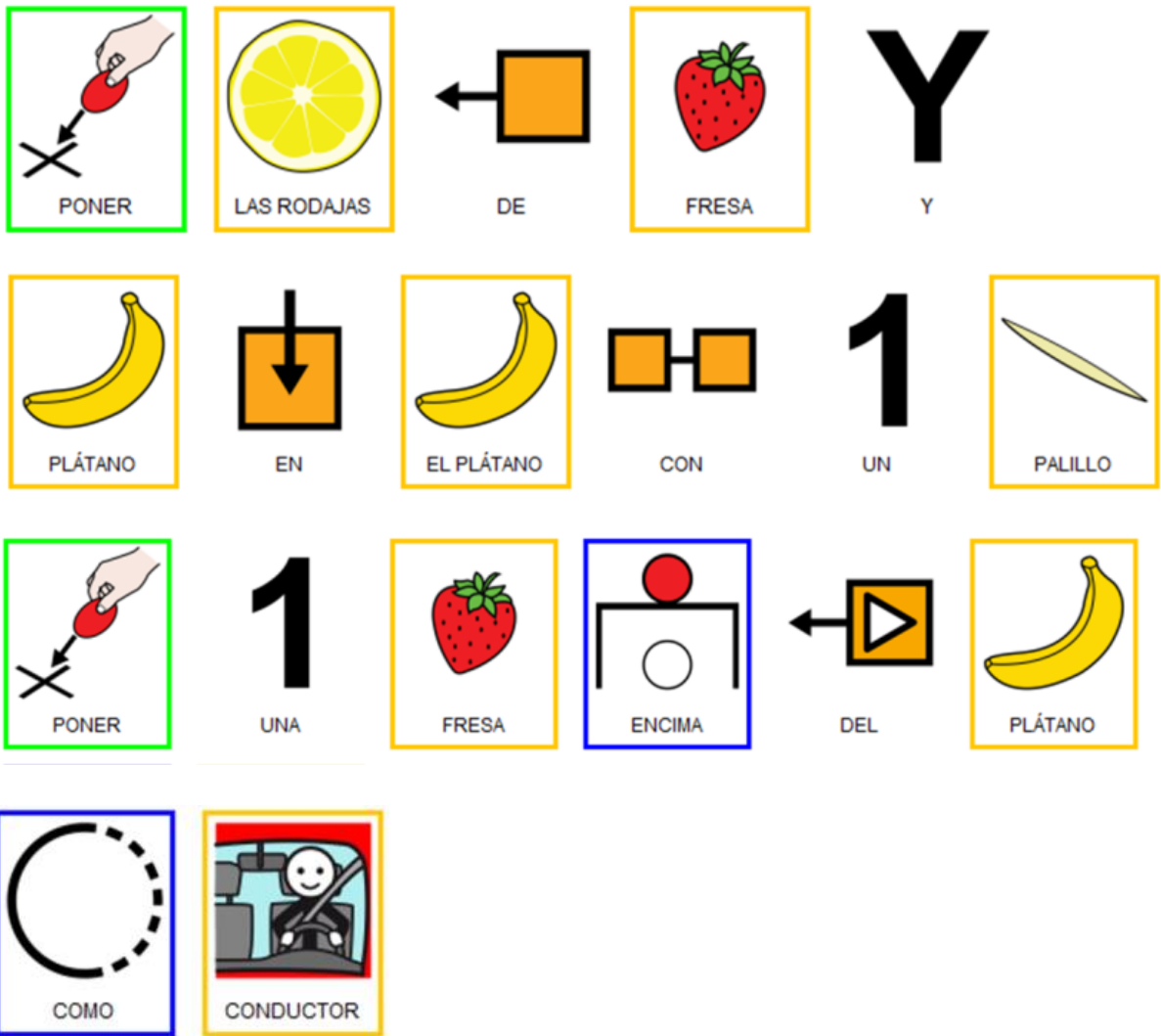


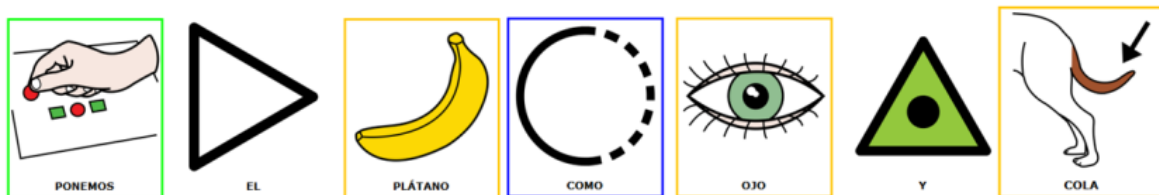
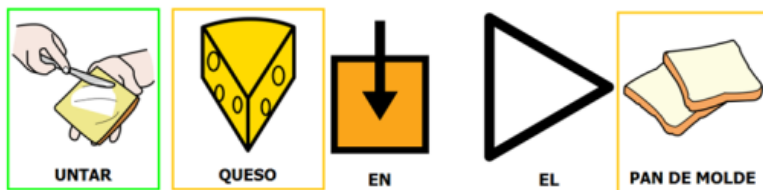
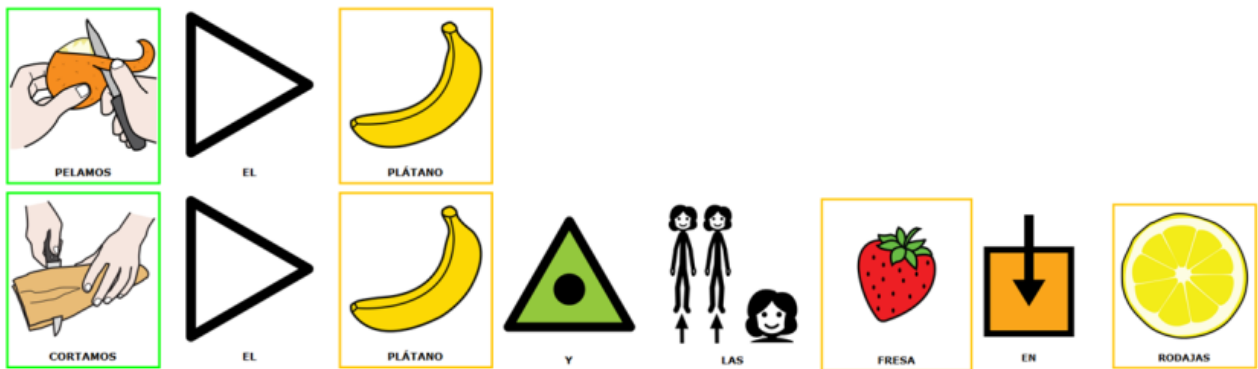
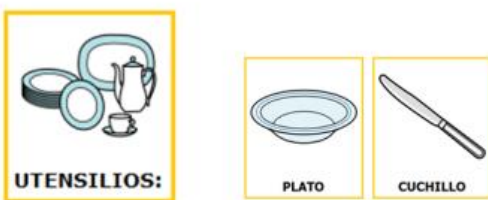
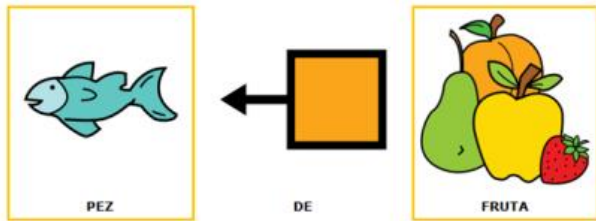
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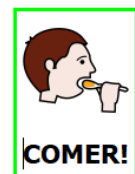
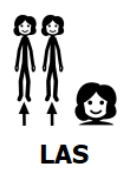
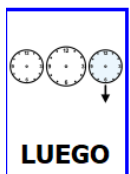
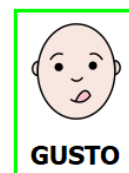
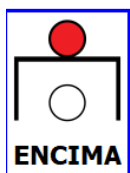
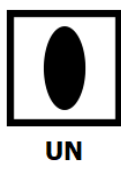
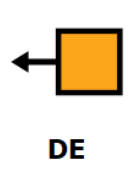


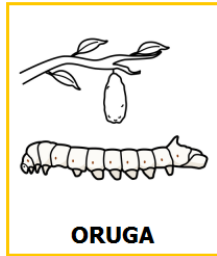
CADA











ORUGA



GLOTONA



INGREDIENTES:



PAN



JAMÓN



QUESO



TOMATE



ACEITUNA



UTENSILIOS:



MOLDE



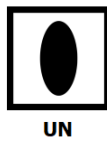
CUCHILLO



PLATO



HACEMOS



UN



SANDWICH



CON



EL



JAMÓN



Y



EL



QUESO



CON



EL



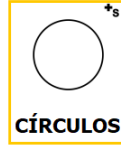
MOLDE



CORTAMOS



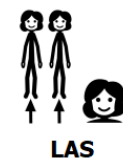
4



CÍRCULOS



CORTAMOS



LAS



ACEITUNAS



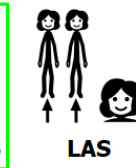
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TROZOS



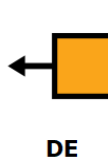
COLOCAMOS



LAS



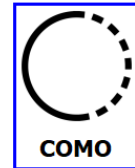
RODAJAS



DE



SANDWICH



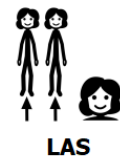
COMO



EL



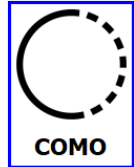
CUERPO



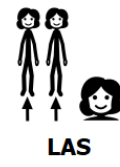
LAS



ACEITUNAS



COMO



LAS



PATAS



DE



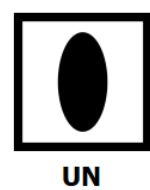
LA



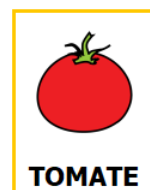
ORUGA



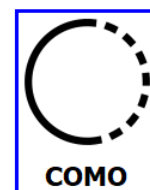
PONEMOS



UN



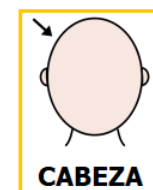
TOMATE



COMO



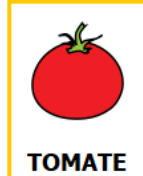
LA



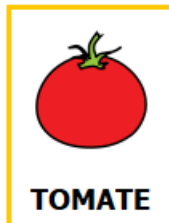
CABEZA



DE



EL



Y



EL



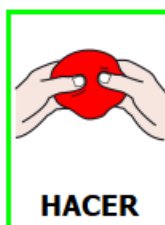
EN



CON

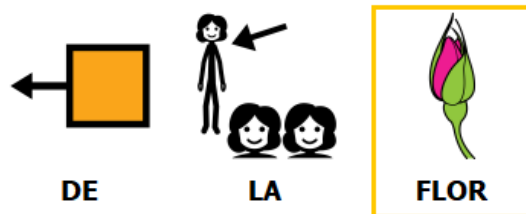
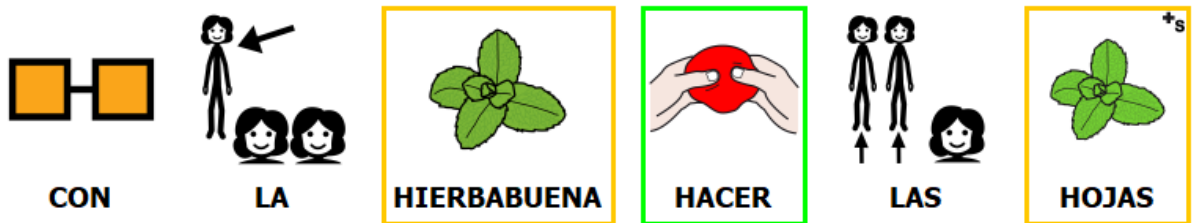
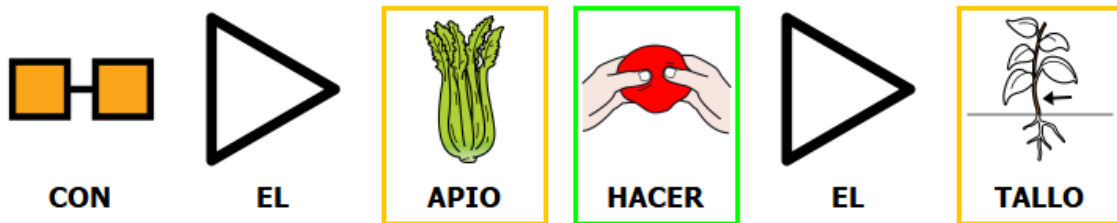
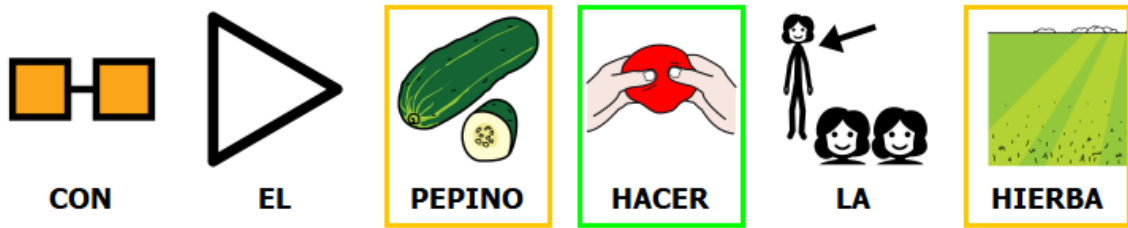


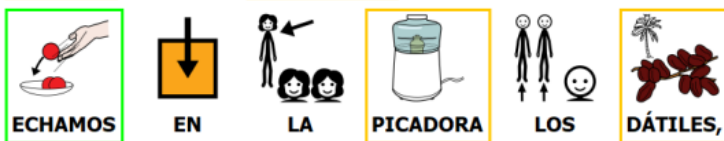
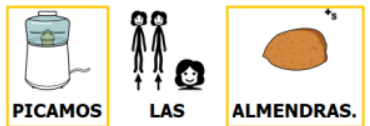
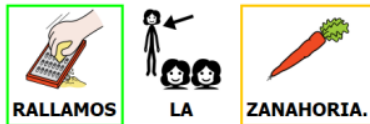
EL

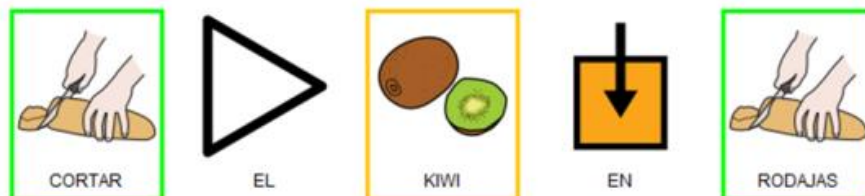
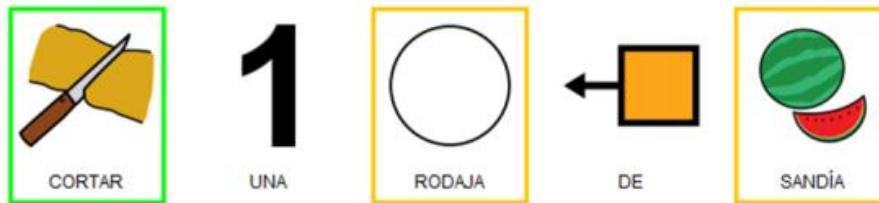
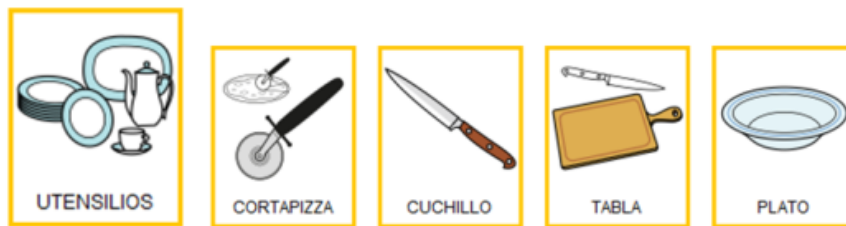
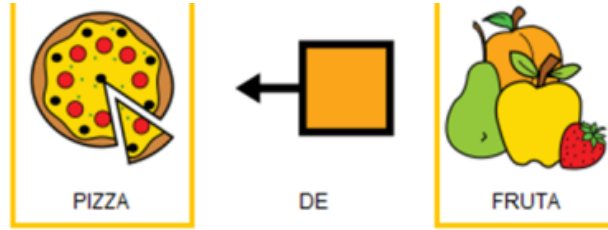


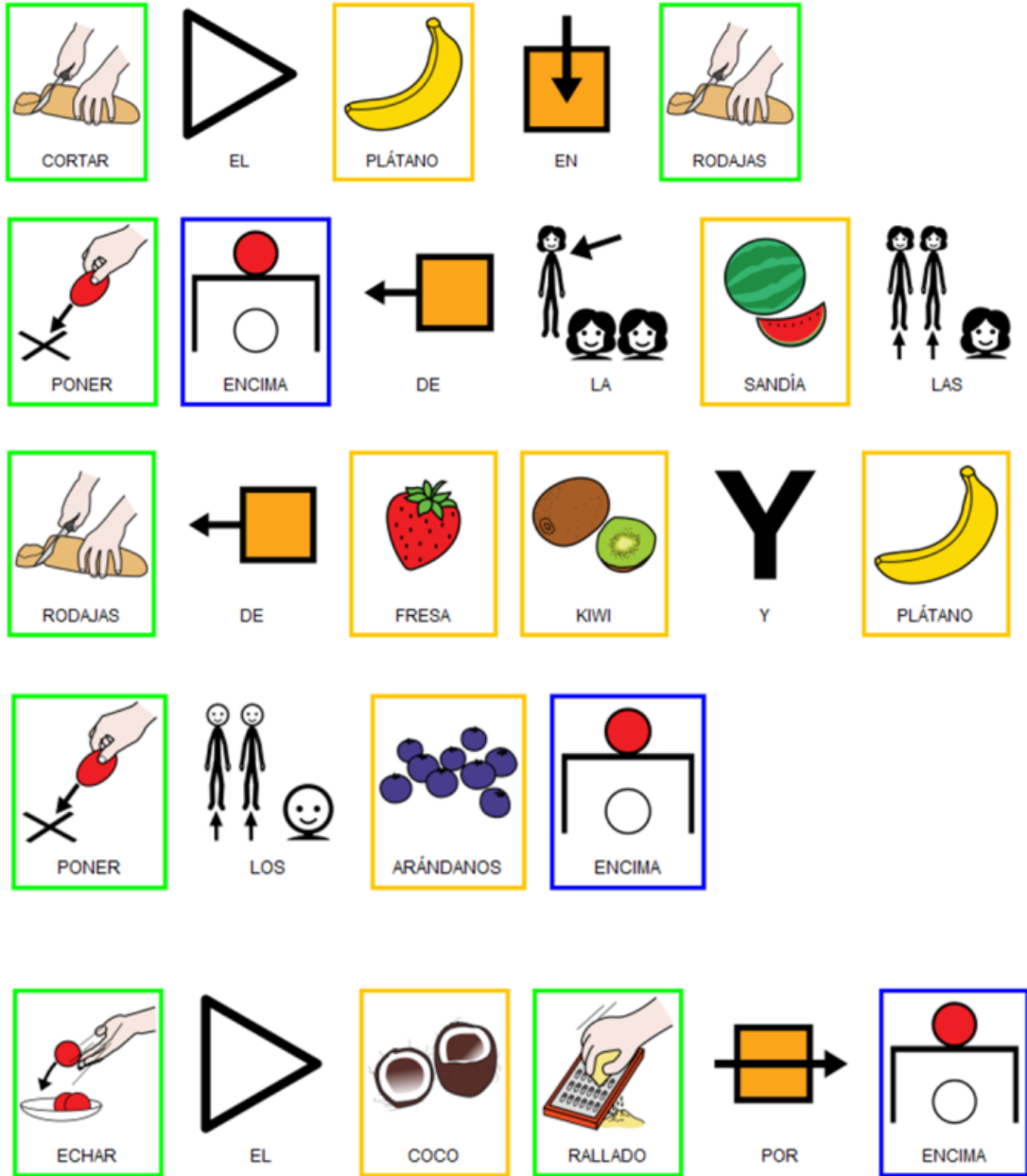
LA





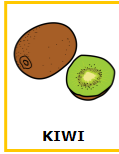
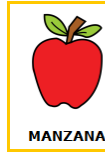








DE



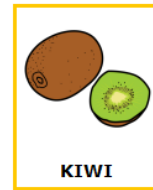
LA



Y



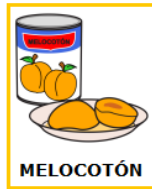
EL



EN



EL



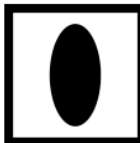
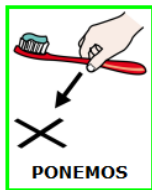
Y



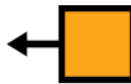
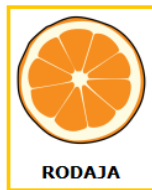
LA



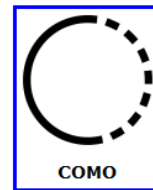
EN



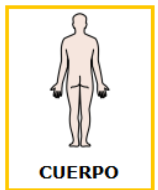
UNA



DE



EL



2

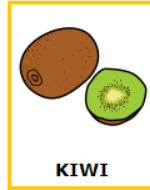
DOS



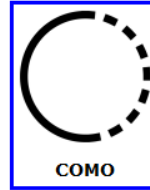
RODAJAS



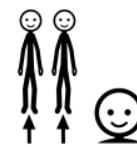
DE



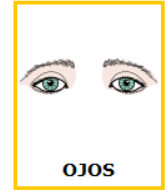
KIWI



COMO



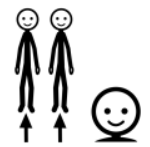
LOS



OJOS



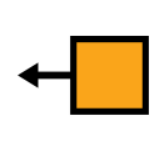
COLOCAMOS



LOS



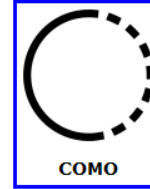
GAJOS



DE



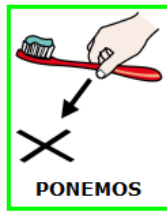
MELOCOTÓN



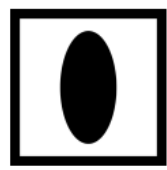
COMO



ALAS



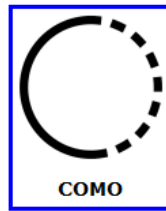
PONEMOS



UNA



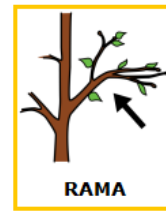
PALO DE PAN



COMO



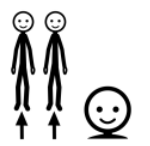
LA



RAMA



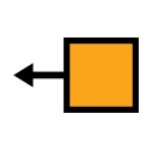
CORTAMOS



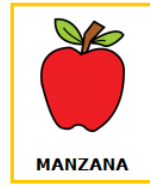
LOS



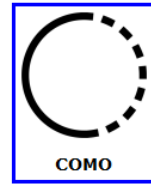
GAJOS



DE



MANZANA



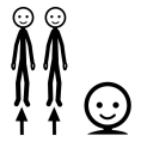
COMO



DEDOS



Y



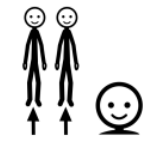
LOS



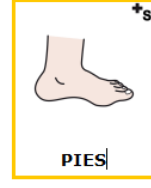
COLOCAMOS



EN



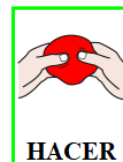
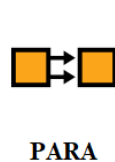
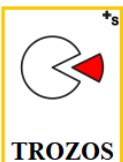
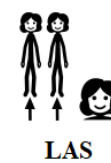
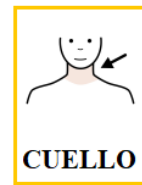
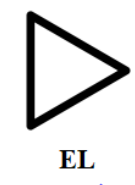
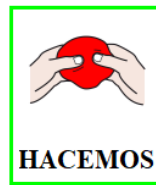
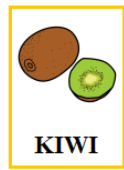
LOS

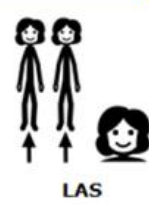
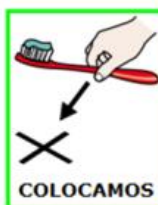
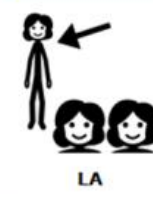
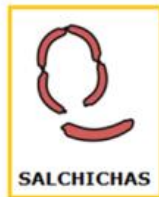
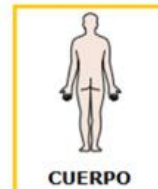
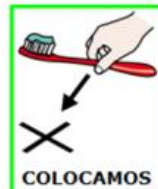
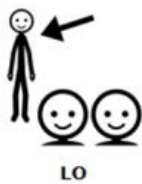
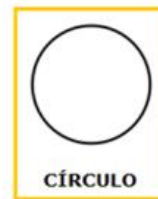


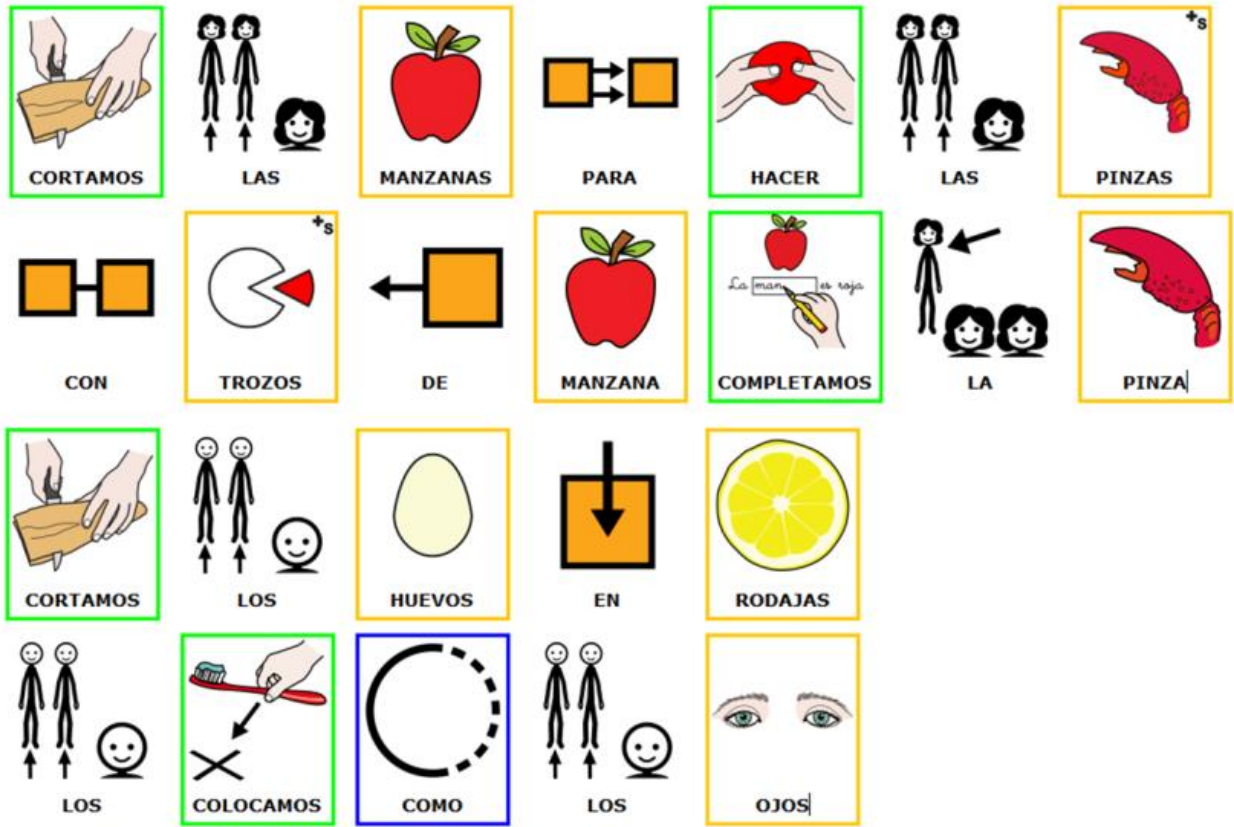
PIES

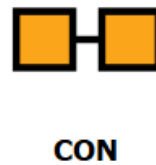
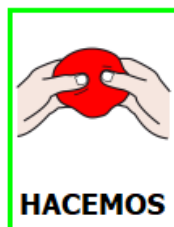
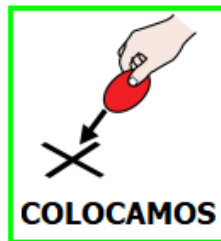
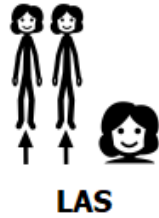
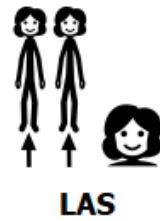
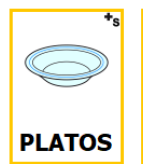
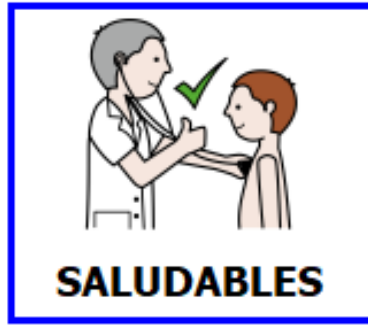


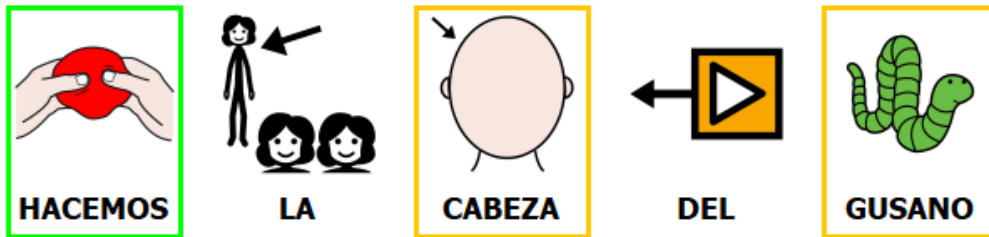
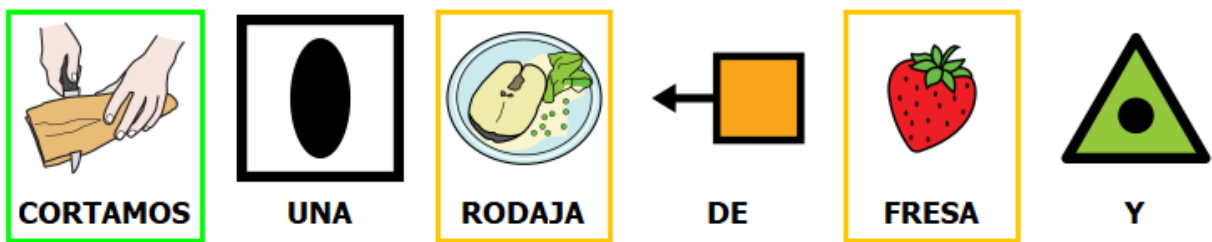
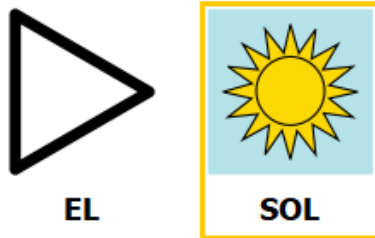
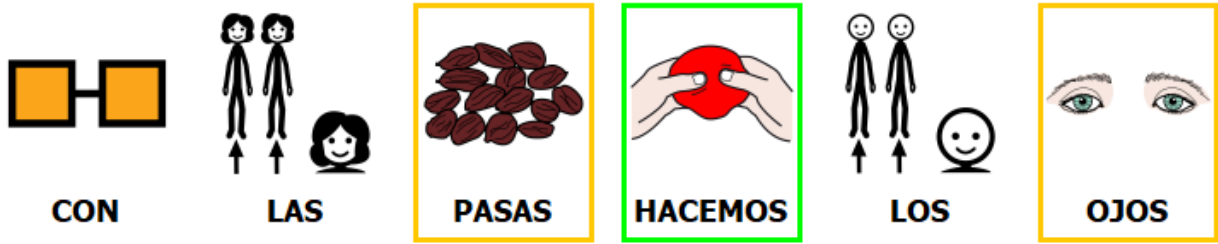
DE

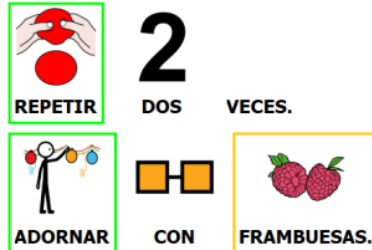
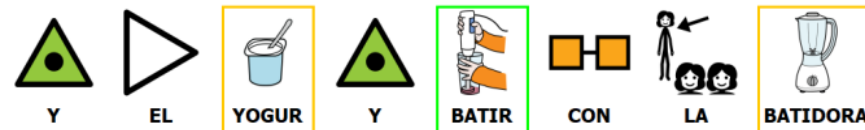
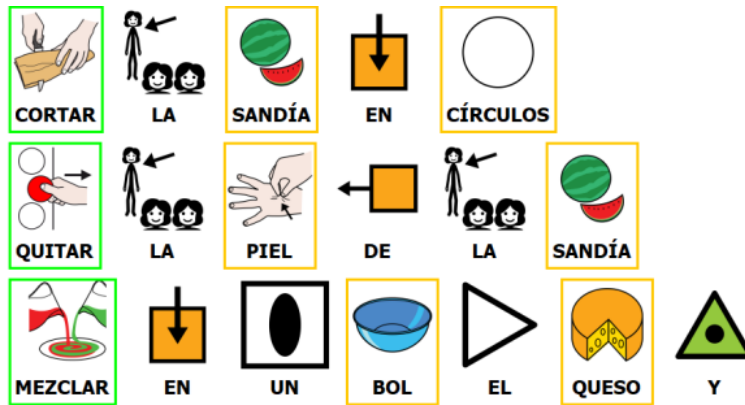
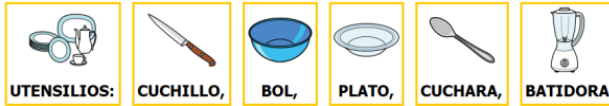
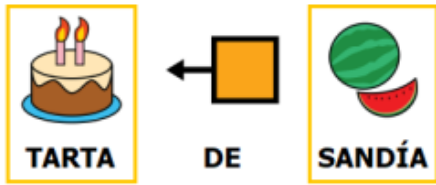














MARIPOSA



PRECIOSA



INGREDIENTES



UVAS



ZANAHORIA



NARANJA



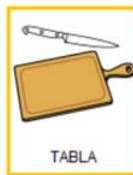
UTENSILIOS



PLATO



CUCHILLO



TABLA



PELAR



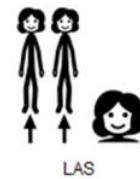
LA



NARANJA



Y



LAS



ZANAHORIAS



PELAR



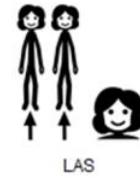
LA



NARANJA



Y



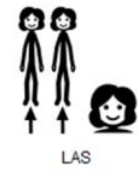
LAS



ZANAHORIAS



LAVAR



LAS



UVAS



CORTAR



LA



RODAJA DE NARANJA



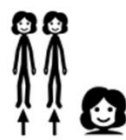
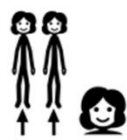
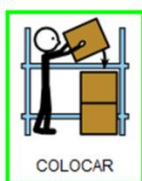
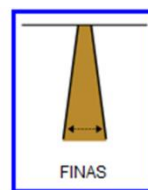
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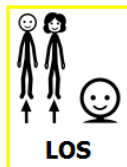
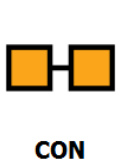
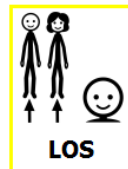
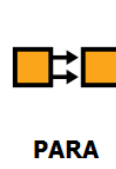
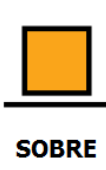
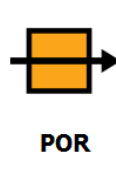
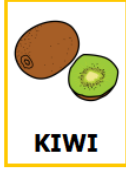
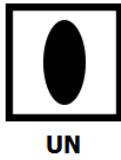
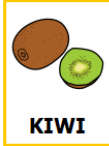


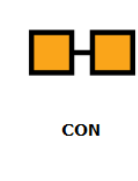
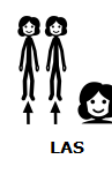
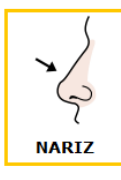
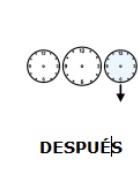
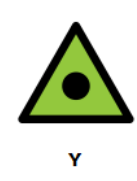
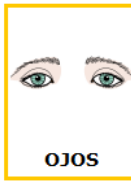
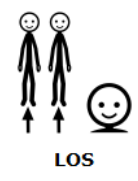
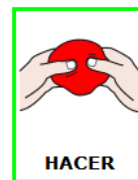
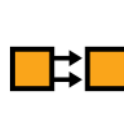
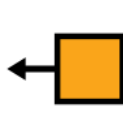
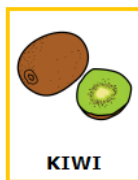
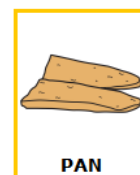
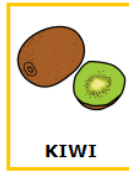
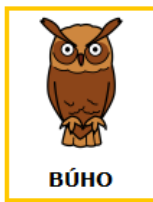
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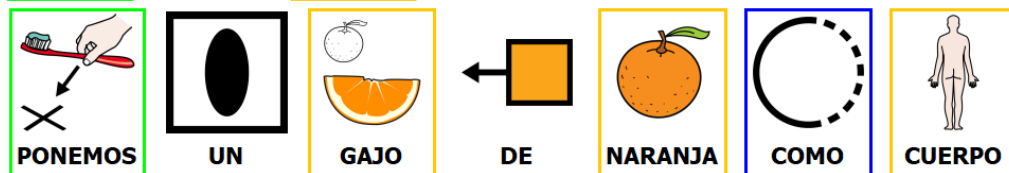
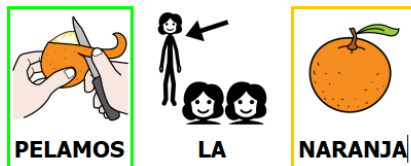
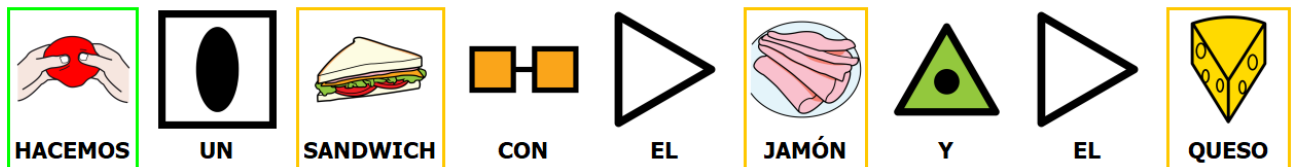
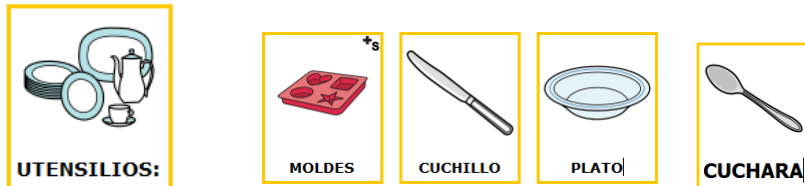
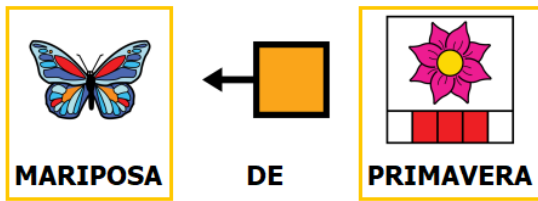


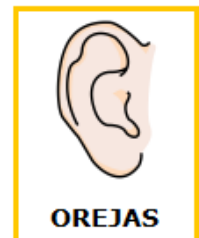
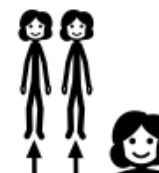
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Y



EL



HOCICO



COGEMOS

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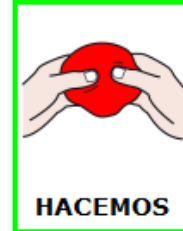
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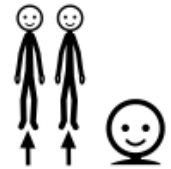
PASAS



Y



HACEMOS



LOS



OJOS



Y



LA



NARIZ



AGUACATES



RELLENOS



INGREDIENTES:



AGUACATE



LATA DE ATÚN



MAÍZ



LIMA



SAL



UTENSILIOS:



BOL



CUCHILLO



CUCHARA



PLATO



CORTAR



LOS



AGUACATES



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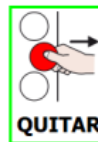
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MITAD



Y



QUITAR



EL

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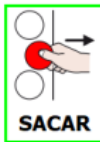
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SACAR



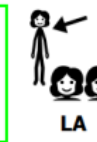
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CARNE



DEJANDO



LA



PIEL

ENTERA.



CORTAR



EL



AGUACATE



EN



TROZOS



MEZCLAR



EL



ATÚN,



EL



MAÍZ



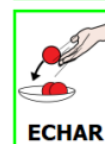
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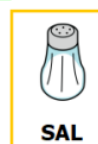
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SAL



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ZUMO



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LIMA



A



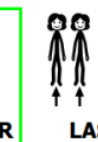
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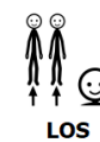
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PIELES



DE



LOS



AGUACATES



CON



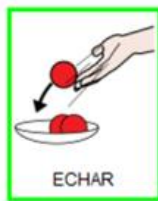
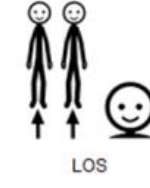
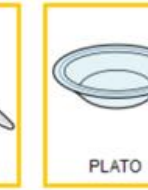
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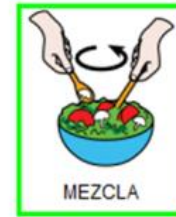
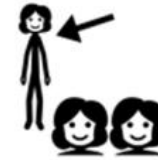
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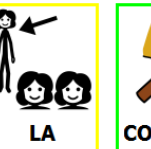
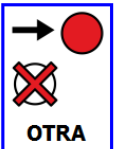
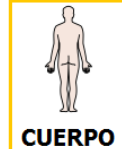
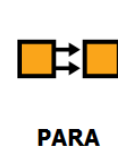
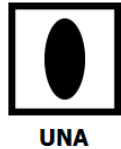
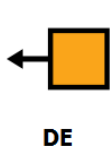
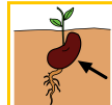


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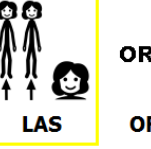
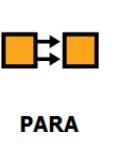


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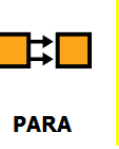


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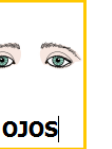
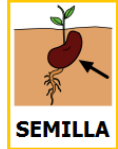
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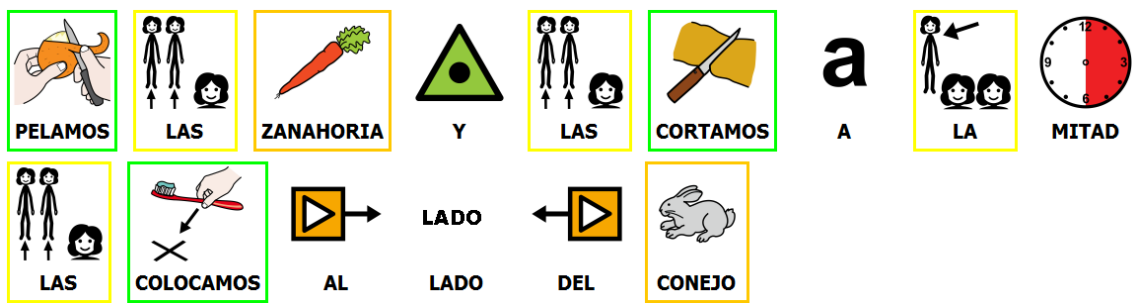


2



2







DE



Y



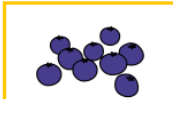
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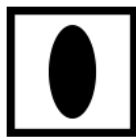
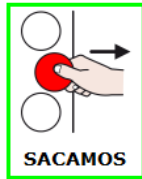
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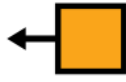
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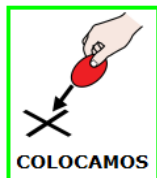
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DE



Y



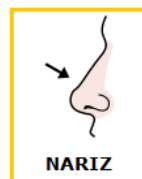
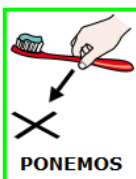
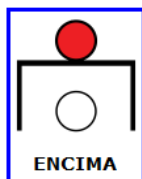
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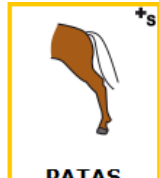
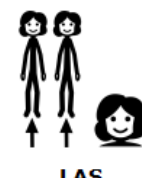
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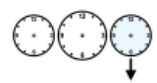
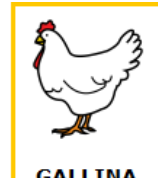
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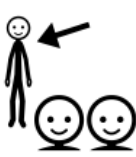
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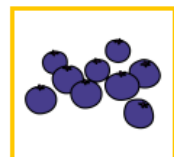
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DESPUÉS



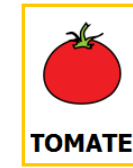
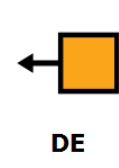
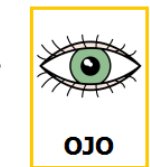
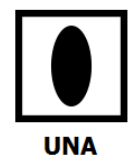
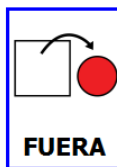
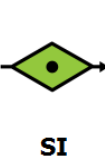
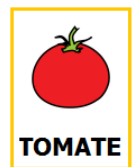
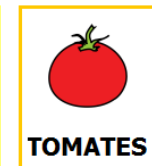
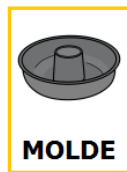
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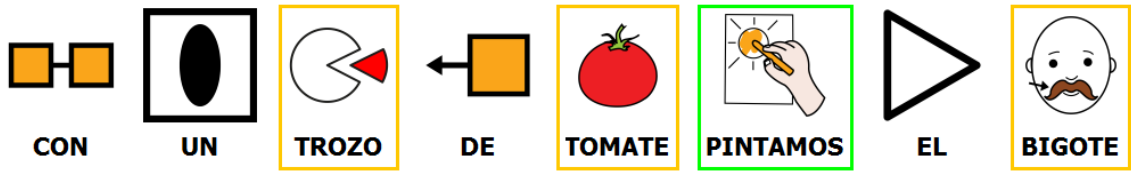


CON



ARÁNDANOS







RENO



DE



ARROZ



INGREDIENTES:



ARROZ



GUISANTES



TOMATES CHERRY



SALCHICHAS



UTENSILIOS:



BOL



CUCHILLO



TABLA



CUCHARA



PONEMOS



EN



EL



BOL



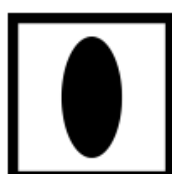
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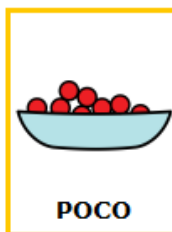
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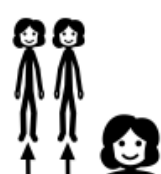
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POCO



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SALCHICHAS



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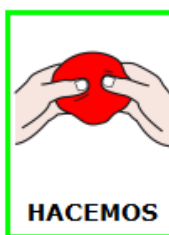
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MITAD



Y



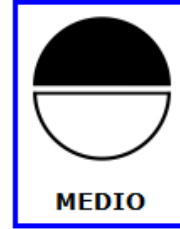
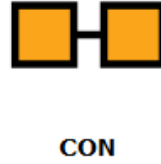
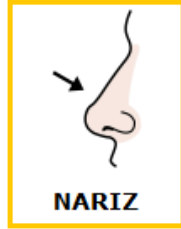
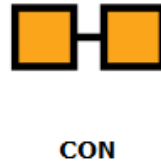
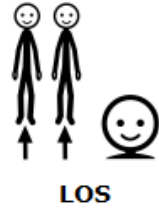
HACEMOS

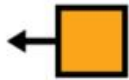


LOS



CUERNOS

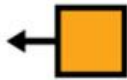




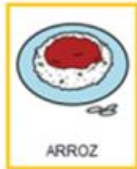
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PALITOS



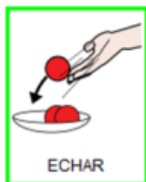
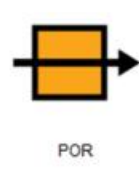
DE



PALITOS

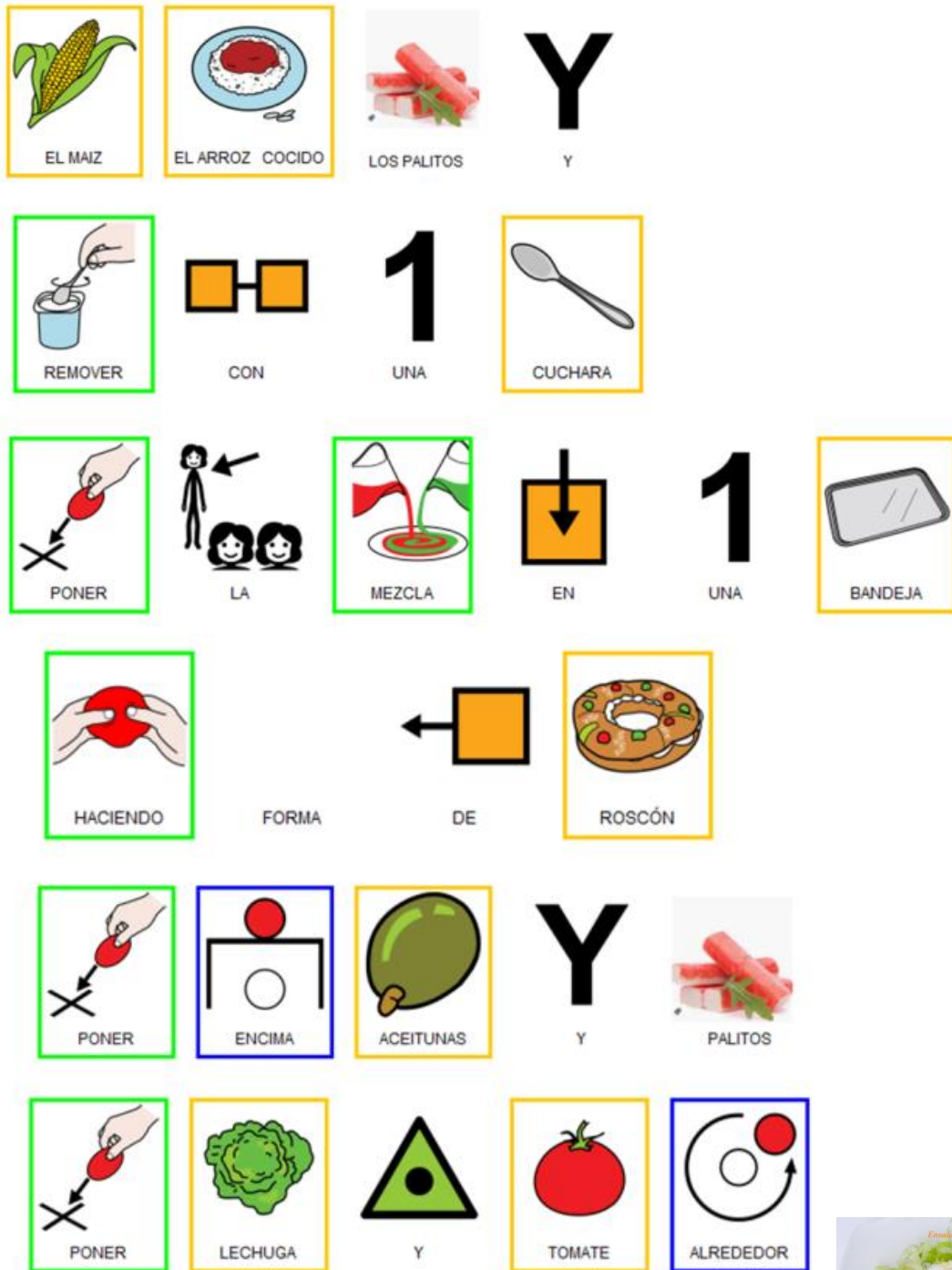


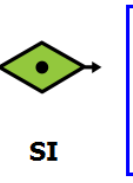
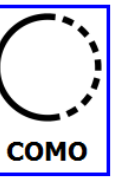
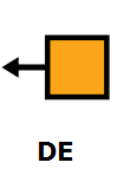
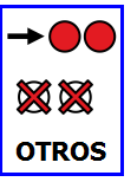
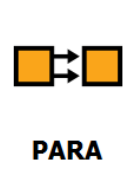
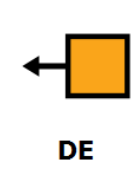
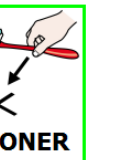
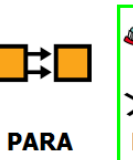
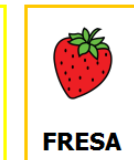
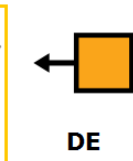
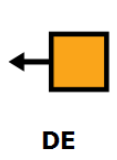
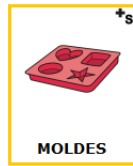
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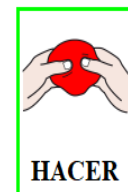
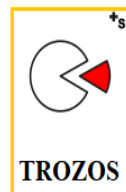
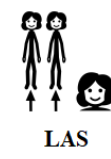
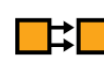


UN











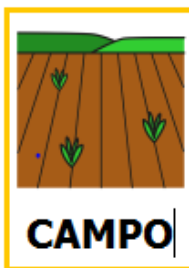
RATONES



EN



EL



CAMPO



INGREDIENTES:



ESPINACAS



HUEVOS



ZANAHORIA



QUESO



COLORANTE



UTENSILIOS



PLATO



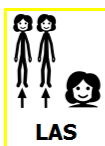
CUCHILLO



TENEDOR



COLOCAMOS



LAS



HOJAS



DE



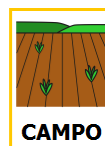
ESPINACAS



COMO



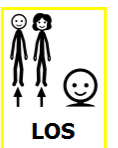
UN



CAMPO



CORTAMOS



LOS



HUEVOS



POR



LA



MITAD



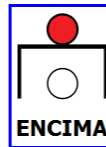
COLOCAMOS



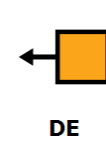
LOS



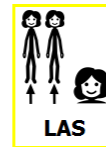
HUEVOS



ENCIMA



DE



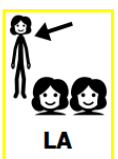
LAS



ESPINACAS



PELAMOS



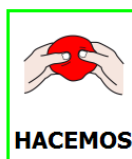
LA



ZANAHORIA



Y



HACEMOS



HILO



COLOCAMOS



LOS



HILOS



COMO



LA



COLA



CON



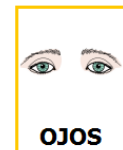
COLORANTE



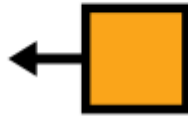
PINTAMOS



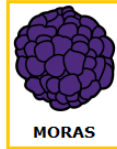
LOS



OJOS



DE



EL



EN



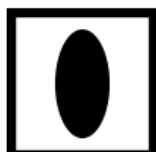
CUADRADO



LO



EN



UN



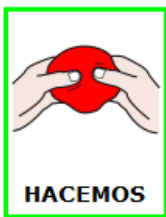
EN



EL



PLATO



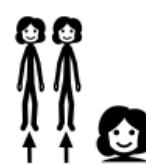
LOS



OJOS



CON



LAS



Y



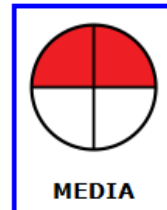
LA



NARIZ

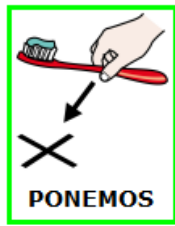


CON



MEDIA





PONEMOS



RODAJAS



DE



NARANJA



ALREDEDOR



DEL



PAN DE MOLDE



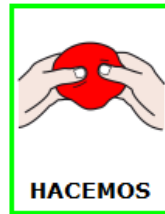
CON



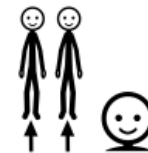
LA



LANA NEGRA



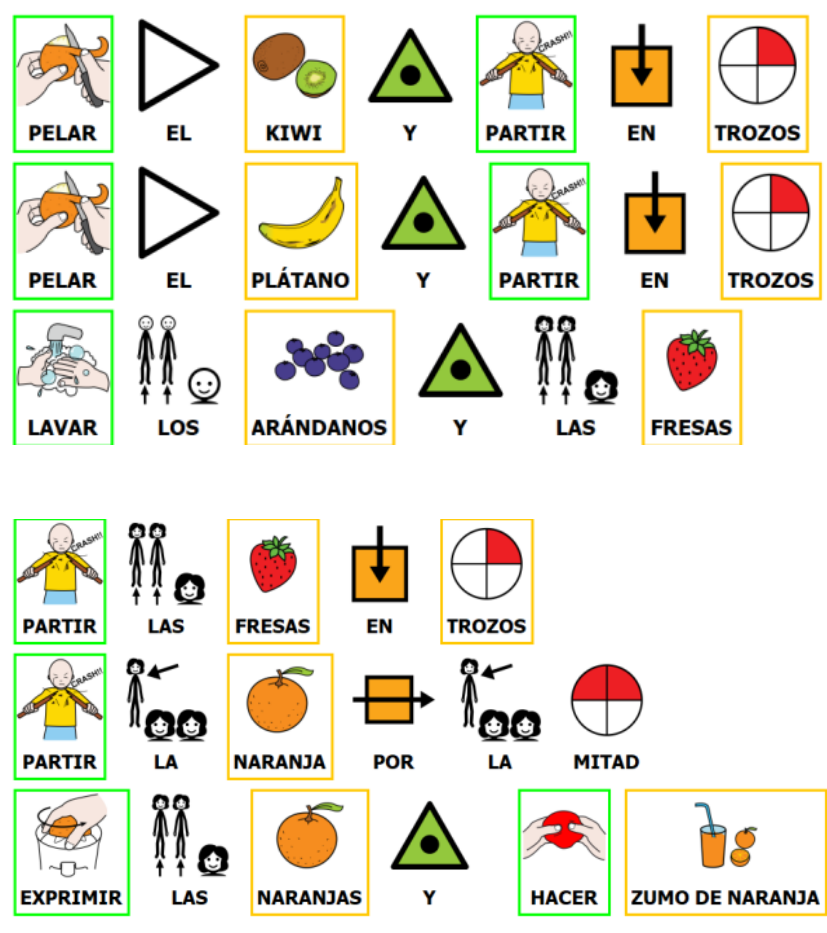
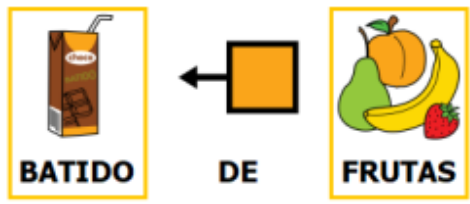
HACEMOS

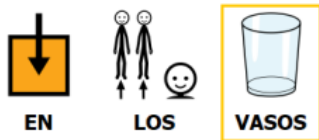
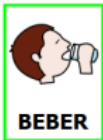


LOS

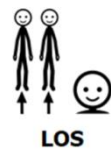
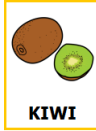
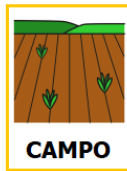


BIGOTES







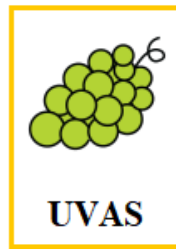




TORTUGA



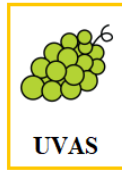
DE



UVAS



INGREDIENTES:



UVAS



MANZANA



ARÁNDANOS



O



PASAS



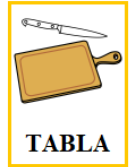
UTENSILIOS:



PLATO



CUCHILLO



TABLA



CORTAMOS



LA



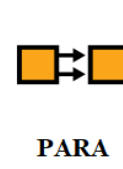
MANZANA



EN



RODAJAS



PARA



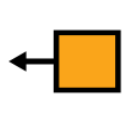
HACER



EL



CUERPO



DE



LA



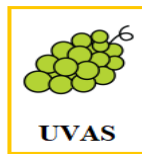
TORTUGA



CORTAMOS



LAS



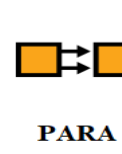
UVAS



EN



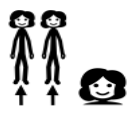
TROZOS



PARA



HACER



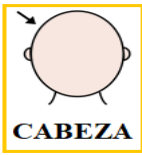
LAS



PATAS



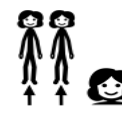
LA



CABEZA



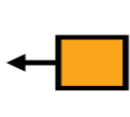
Y



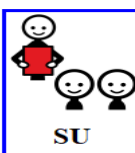
LAS



MANCHAS



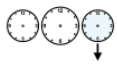
DE



SU



CUERPO



DESPUÉS



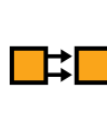
PONEMOS

2

DOS



PASAS



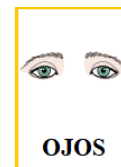
PARA



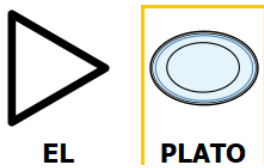
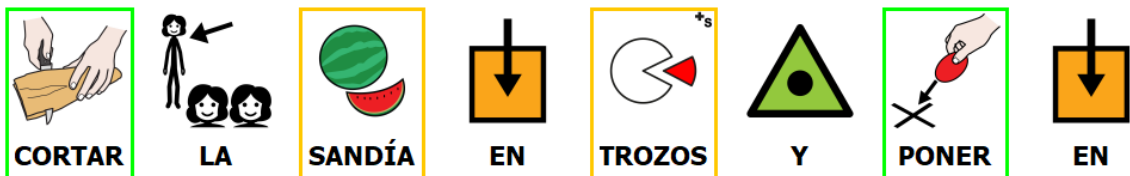
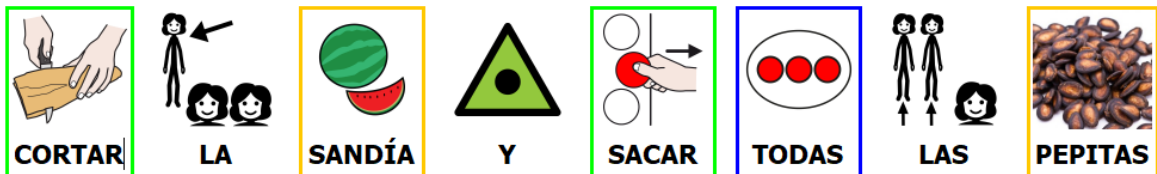
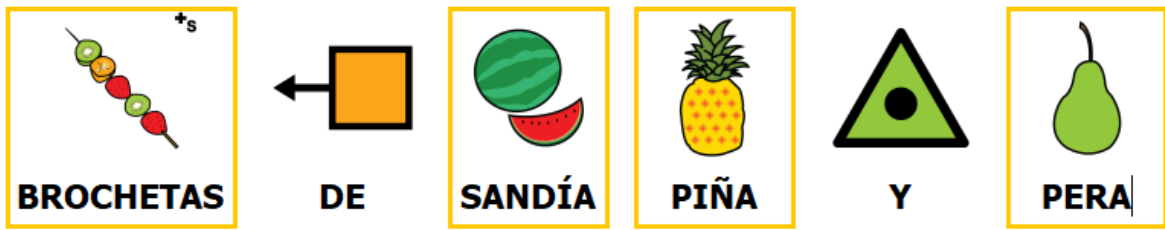
HACER

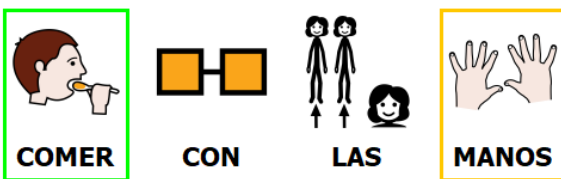
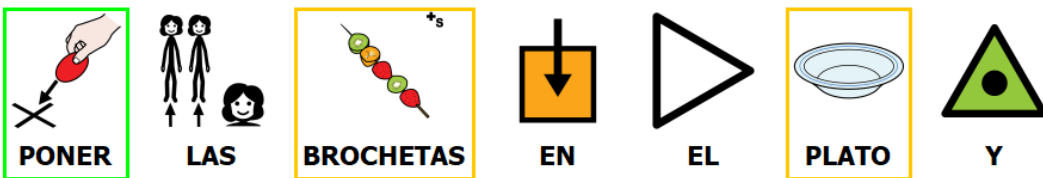
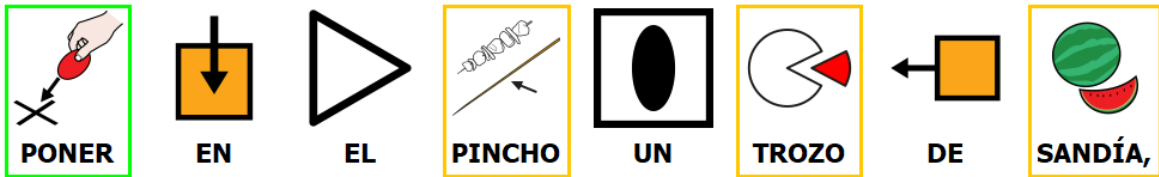
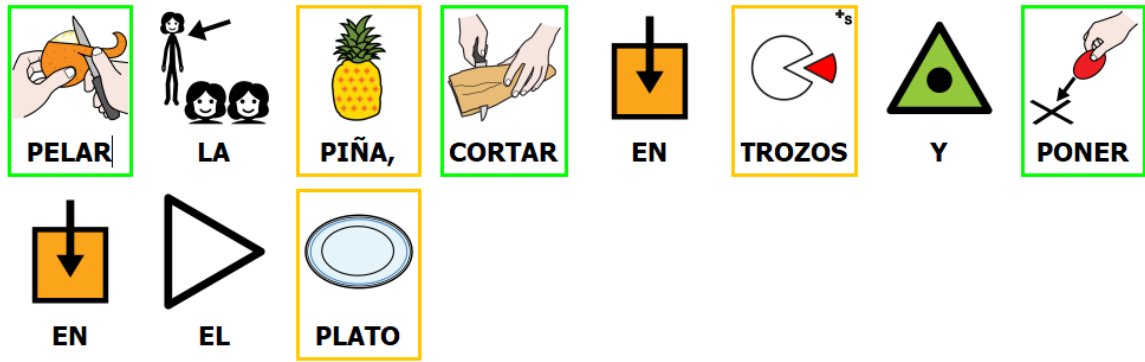


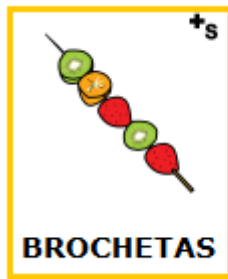
LOS



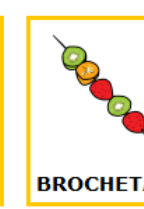
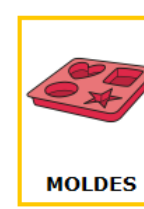
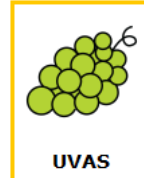
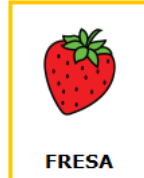
OJOS







DE



CON



EL

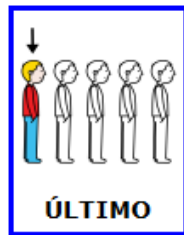
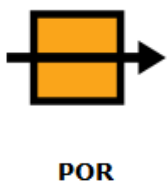
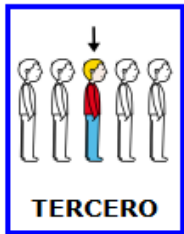
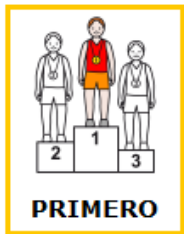
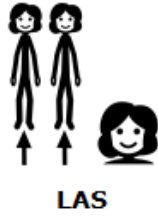


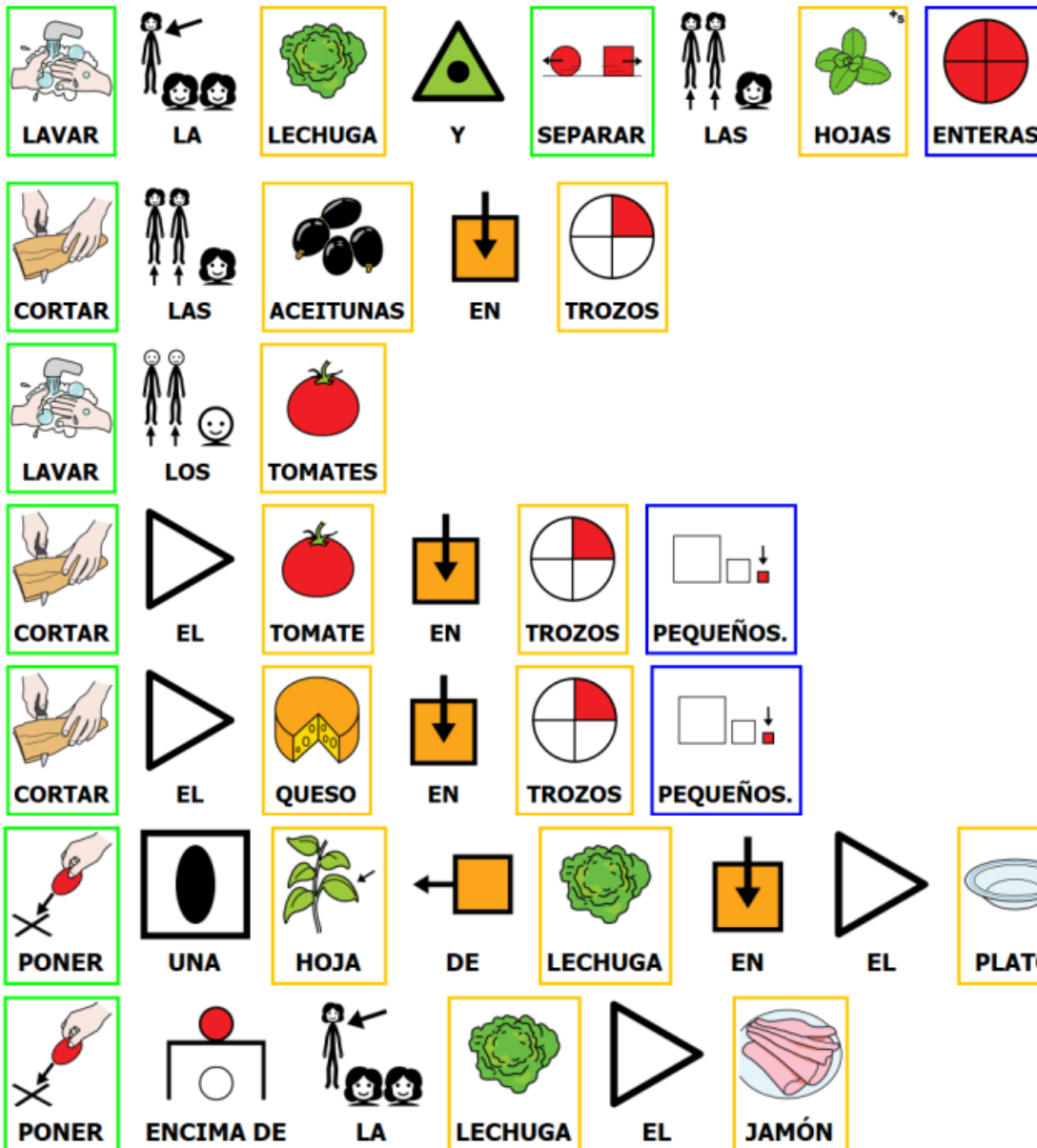
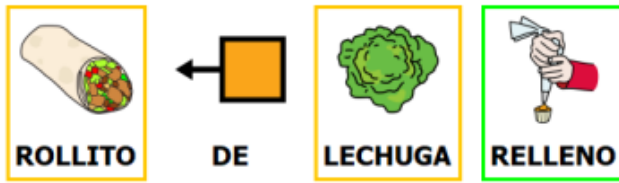
DE



EL







Autor pictogramas: Sergio Palao Procedencia: ARASAAC (<http://arasaac.org>)
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