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UNIDADE 7 – Receita 5

Salada Crua de Vegetais com Funcho

Para 2 pessoas

Quantidade / Ingredientes

1-2 tubérculos de funcho (dependendo do tamanho)
1 caneca de Sanoghurt
2 g de sal
5 g de xarope de maçã
1 colher de sopa de sumo de limão
algumas folhas de funcho
1 maçã vermelha

Preparação:

- Preparar um molho para salada com o Sanoghurt, sal, sumo de limão, xarope de maçã e folhas de funcho picadas finamente.
- Lavar e cortar os bolbos de funcho ao meio, cortar em fatias finas. Misture tudo bem.
- Lavar a maçã. Cortar em tiras finas (exceto 2 fatias de maçã para decoração) e misturar.
- Decorar a salada com fatias de maçã.





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