

Entrantes

- Pastel Vegetal → <https://www.youtube.com/watch?v=6gFaZZjrMAM>
- Humus → <https://www.youtube.com/watch?v=mIMUtjQt4IE>
- Tahini → <https://www.youtube.com/watch?v=2BWihTksbns>
- Guacamole → https://www.youtube.com/watch?v=oe_zr95RVTU
- Gazpacho → https://www.youtube.com/watch?v=fECaZc_zlJl
- <https://www.yococino.org/recetas-mambo/gambas-al-ajillo-cecotec/>
- Berenjenas rellenas de Atún → <https://www.yococino.org/recetas-mambo/berenjenas-rellenas-de-atun-cecotec/>
- Bechamel → <https://www.yococino.org/recetas-mambo/bechamel-cecotec/>
- <https://www.yococino.org/recetas-mambo/croquetas-de-pollo-receta-increible/>
- <https://www.yococino.org/recetas-mambo/hojaldre-con-berenjena-rulo-cabra/>
- <https://www.yococino.org/recetas-mambo/champinones-rellenos-con-jamon/>
- champiñones al Ajillo
<http://www.dosrombosenlacocina.com/2023/07/adictivos-y-saludables-asi-son-estos-champinon-es-al-ajillo-hechos-en-el-robot-mambo-touch.html>
- <https://www.yococino.org/recetas-mambo/sopa-arroz-cecotec/>
- <https://cecotec.es/recetas/ensaladilla-de-pulpo-en-mambo/>
- <https://cecotec.es/recetas/salpicon-de-marisco-con-vinagreta-de-mango/>
- <https://cecotec.es/recetas/gambas-al-ajillo/>
- <https://cecotec.es/recetas/papas-arrugas-con-mojito-picon/>

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