



Dieta Paleo para principiantes - Top 30 Das Receitas e bolachas mais famosas (Portuguese Edition)

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Receitas Paleo à base de queijo

- 1 abóbora de manteiga média descascada, com sementes e cortada em pedaços
- 1 colher de sopa de óleo de azeitona
- 1 dente de alho esmagado
- 2 colheres de sopa de yahni
- 1 colher de sopa de sumo de limão
- 1/4 colher de sopa de paprika fumada
- sal e pepino fresco a gosto
- 1/4 chávena de nóz

Instruções:

- Pré-aqueça o forno a 400F e coloque-lhe uma assadeira ou panela untada com óleo
- Acrescente óleo de azeitona e deixe assar durante 20 minutos, virando a meio
- Enquanto estiver a ser cozinhado coloque as nozes numa seta anti-aderente
- Coloque o tahini, o alho, o sumo de limão e a paprika num processador de alimentos e misture-os bem
- Acrescente sal e pimenta a gosto ao longo da mistura até chegar ao sabor a seu gosto
- Forre uma tigela antiaderente com plástico e misture a massa formada até fazer um molde redondo
- Leve à geladeira durante a noite

- Retire-a da geladeira antes de servir e enfeite o cimo do molde redondo com nozes tostadas
- Sirva com biscoitos de ervas, aipo, sticks de cenoura ou fatias de aboborinha

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