

**c mo cocinar con soja texturizada gastronom a vegana** - *la soja texturizada es un ingrediente muy com n en la cocina vegetariana y vegana un producto con un aspecto que nos puede resultar extra o al principio con mucho volumen y poco peso que nos puede recordar a los cereales de desayuno pero con un potencial culinario muy interesante la soja texturizada prote na vegetal texturizada carne de soja o tvp son trozos deshidratados hechos a*

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