

# Logo

 Log in



Receitas

Ingredientes Substitutos

 Buscar

Farinha

Substituto



Amido



Aveia



Farinha

Substituto



Amido



Aveia



Sobre

Contato: meucontato@gmail.com


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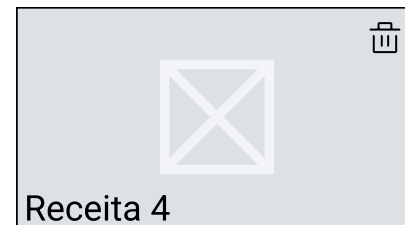
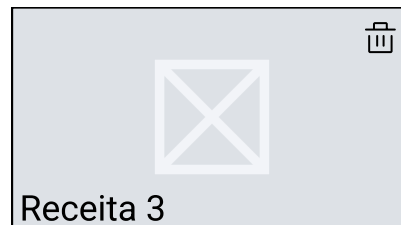
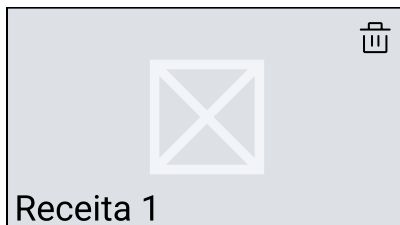
Receitas

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Bem vindo ao Grudes! O que vamos cozinhar hoje?

Recentes



Banner com propagandas de parceiros

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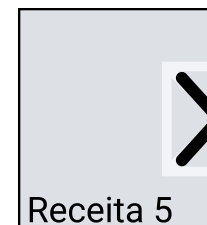
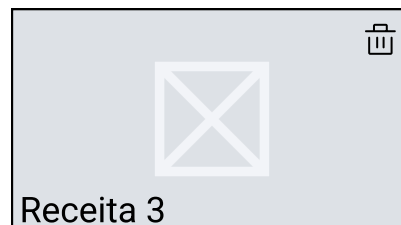
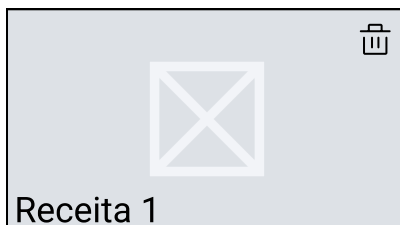


Receitas

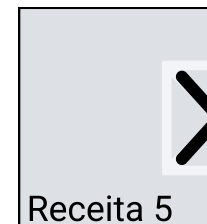
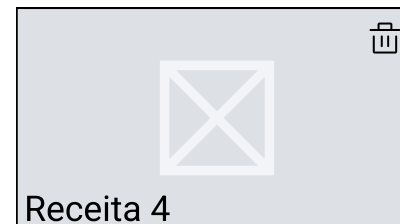
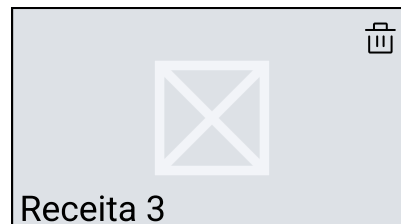
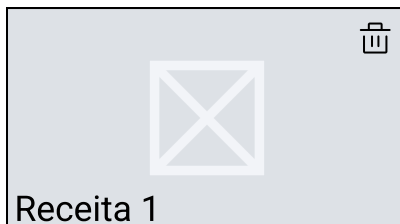
Ingredientes Substitutos

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## Recentes



## Todas



[+ Nova Receita](#)

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Receitas

Ingredientes Substitutos

 Buscar

Receitas > Nova Receita


Nome

Imagem...




Ingrediente	Quantidade	Unidade	
Ovo	3	Un	
Farinha	1	xícara	


Instruções

Almoço 

Sobremesa 

Light 

99+

 Tag

 **Cadastrar**

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## Filtros

Ingrediente





Ovo



Farinha




Almoço 

Sobremesa 

Light 

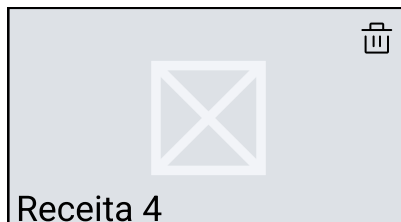
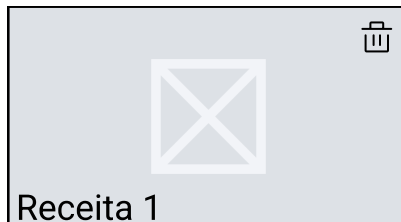
99+

 Tag

Macarrão

+ Buscar

## Resultados



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Receitas

Ingredientes Substitutos

 Buscar

Receitas > Receita 1

Nome



Imagem...



Ingrediente

Quantidade

Unidade



Ovo

3

Un



Farinha

1

xícara



Instruções



Almoço ×

Sobremesa ×

Light ×

99+

+ Tag

+ Salvar

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