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Os Melhores Doces para Recuperar Energia Após um Duro Treino de Ninja

Ninjas, após um duro treino, precisam reabastecer suas energias, se reidratar o corpo. Muitas vezes, os treinos exigem tanto esforço que, ao encerrarem, os ninjas podem sentir cansaço, fadiga e até mesmo desmaios. Nesses casos, é importante ter alimentos saudáveis e energéticos que ajudem a restaurar as forças do guerreiro.

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Existem diversas opções deliciosas e nutritivas que podem ajudar nos momentos pós-treino. Confira algumas delas abaixo:

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Poki has the best free online games selection and offers the most fun experience to play alone or with friends. We offer instant play to all our games without downloads, login, popups or other distractions. Our games are playable on desktop, tablet and mobile so you can enjoy them at home or on the road. Every month over 50 million gamers from all over the world play their favorite games on Poki. Our game selection

Game developers release fun New Games on our platform on a daily basis. Our most Popular Games include hits like Subway Surfers, Temple Run 2, Stickman Hook and Rodeo Stampede. These games are only playable on Poki. We also have online classics like Moto X3M, Venge.io, Dino Game, Smash Karts, 2048, Penalty Shooters 2 and Bad Ice-Cream to play for free. In total we offer more than 1000 game titles.

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