

A woman with dark hair tied back, wearing a black top, is smiling broadly while eating a green smoothie from a spoon. She is seated at a wooden table with several glasses of the same smoothie. The background shows a kitchen with various utensils and a framed picture on the wall.

**COZINHA DO ACONCHEGO**  
Heloisa Bacellar, do Lá da Venda, dá uma colherada em seu creme de abacate; na pág. ao lado, a panqueca de carne moída e o estrogonofe com arroz e batatas assadas