

## Recetas sabrosas sin gluten (Cocina & Salud)



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## RECETAS SABROSAS SIN GLUTEN (COCINA & SALUD)



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Hispano Europea, 2007. soft. Book Condition: New. ¿Nunca más panecillos para desayunar o pastas con el café? Cuando a una persona le diagnostican que es celíaca-que no tolera el gluten-, al principio se siente desamparada. El gluten es el aglutinante de muchos cereales y se encuentra no sólo en los productos hechos a base de cereales, sino también en alimentos preparados, condimentos y fármacos. De repente se reduce la variedad de alimentos y se impone estudiar la lista de ingredientes de todo lo que se come. Pero no te preocupes: las recetas, sugerencias y control de alimentos que se exponen en este libro te serán de gran ayuda para pasar a una vida sin gluten. Verás lo fácil que es preparar los panes, panecillos y pasteles más sabrosos.



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