

Descargar libros gratis Tus recetas sin gluten - Raffaella Oppimitti DBSBOOK



Del aperitivo al postre, recetas sin gluten para celíacos que no quieren renunciar al placer de la buena cocina mediterránea.

Excluir de la dieta los alimentos que contengan gluten (trigo, cebada, avena, etc., y derivados) puede convertirse en un aliciente a la hora de conservar el sabor de la buena cocina en recetas equilibradas, variadas y saludables.

Este libro define los principios básicos de la alimentación y los consejos que debe seguir cualquier persona intolerante al gluten. Al mismo tiempo, **compila las mejores propuestas culinarias sin gluten**, tanto de platos tradicionales mediterráneos como de otros que utilizan ingredientes poco usados.

Empezando por la pasta y las pizzas y terminando por los postres, las recetas propuestas son tan exquisitas que cualquier comensal sabrá apreciarlas.

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