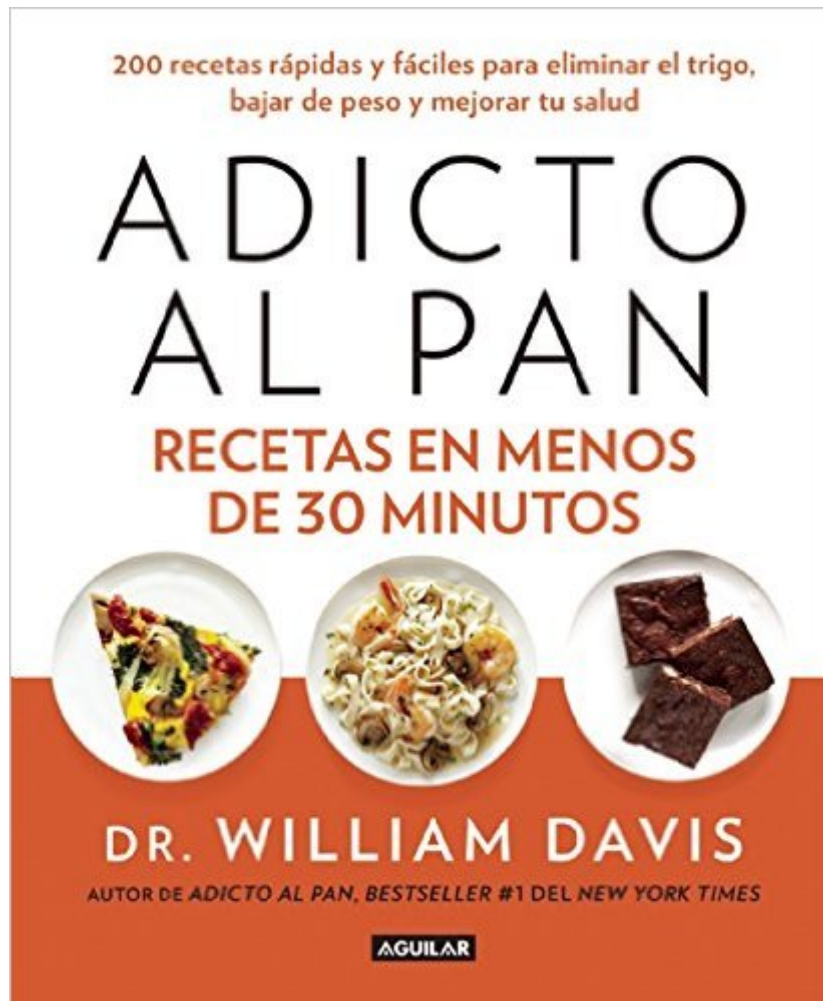


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Adicto Al Pan. Recetas En Menos De 30 Minutos (Spanish Edition)



Synopsis

Adicto al pan sacudiÃ los cimientos del mundo de la dieta cuando el renombrado cardiÃ logo William Davis revelÃ que una epidemia de efectos adversos a la salud podrÃ a ser desterrado para siempre con un simple paso: decir adiÃ s al trigo. Adicto al pan: recetas en menos de 30 minutos gira en torno a este principio y brinda cientos de deliciosas recetas libres de trigo para toda la familia. ENGLISH DESCRIPTION From appetizers to desserts, gluten-free recipes for people with celiac disease who don't want to give up the pleasure of great Mediterranean cuisine. Eliminating foods that contain gluten (wheat, barley, oats, etc, and their derivatives) can become an incentive when it comes to maintaining delicious flavor in balanced, varied, and healthy recipes. This book defines the basic principles and advice that anyone who is gluten-intolerant should follow in the kitchen. At the same time, it compiles the best gluten-free culinary ideas, from traditional Mediterranean dishes to others that use lesser-known ingredients.

Book Information

Paperback: 276 pages

Publisher: Aguilar (August 25, 2015)

Language: Spanish

ISBN-10: 6071137454

ISBN-13: 978-6071137456

Product Dimensions: 1 x 7 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

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