



Cocina para Diabéticos. 100 recetas exquisitas dulces y saladas (Spanish Edition)

Eduardo Casalins

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Comer sano y natural es clave para que nuestro organismo se mantenga en su mejor estado, para que la salud tenga como meta el horizonte de sentirnos bien y en armonía con nuestra realidad física. Por eso, comer sano y natural es la meta que se propone esta colección, que ofrece deliciosas recetas con las que variar el menú de quienes padecen distintos trastornos que los obligan a llevar dietas estrictas con muchos ingredientes prohibidos. Nuestra idea es que comer sano y natural nunca debe ser un factor de fastidio, sino un acto de delicia. Este primer volumen está dedicado a la diabetes, una enfermedad que afecta a millones de personas en el mundo, e incluye 100 recetas de exquisitos platos salados y dulces, además de recomendaciones útiles para los diabéticos a la hora de cocinar.



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Cari Sexton:

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