



Deliciosas recetas para celíacos (Bienestar / Well-Being) (Spanish Edition)

Bernarda Rossi

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La celiaquía es una intolerancia digestiva a las proteínas contenidas en el gluten de ciertos alimentos. No tiene, por el momento, remedio ni cura, pero sí una solución que permite una buena calidad de vida: eliminar para siempre la ingestión de gluten que se encuentra en los alimentos que no se toleran, o sea, el trigo, la avena, el centeno y la cebada.

Quien ha sido diagnosticado como celíaco sabe que puede comer carnes, vegetales, frutas y pescados. Sin embargo, cuando se trata de acceder a muchos platos muy divulgados de nuestra cocina (como las pizzas, las pastas y las empanadas, entre otras preparaciones) aparece el cartel de “prohibido”. Y lo cierto es que se hace difícil vivir privándose de esas comidas. Por todo ello es que este libro propone, para los que padecen esta enfermedad, recetas permitidas de pizzas, empanadas, tartas saladas y dulces, platos salados y postres con panqueques, platos con pastas y sándwiches.



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