



# **Zerogluten: Recetas para celíacos y no celíacos (Spanish Edition)**

*M<sup>a</sup>Luisa Barreiro*

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# Zero gluten: Recetas para celíacos y no celíacos (Spanish Edition)

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**Exquisitas recetas sin gluten para tolerantes e intolerantes, y para todas ocasiones...**

Aptas para tolerantes e intolerantes al gluten, las recetas del blog *Zero gluten* son variadas, asequibles y fáciles de preparar, y sorprenderán a los paladares más exigentes.

En este libro se recogen apetitosas recetas para celíacos sin renunciar al placer de la buena mesa. Desde entrantes hasta postres, pasando por primeros, segundos platos, desayunos y meriendas. *Zero gluten* está pensado para preparar platos sabrosos y nutritivos con alimentos de precio asequible sin necesidad de realizar el gran gasto que conlleva la compra de los productos exclusivamente destinados a celíacos.

**Porque ser celíaco no implica renunciar a disfrutar de la buena cocina todos los días.**



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