



La cocina para diabéticos, entradas, platos principales y postres (Spanish Edition)

Eduardo Casalins

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La diabetes es una enfermedad que afecta a millones de personas en el mundo. Para tratarla, es imprescindible cambiar los hábitos alimentarios tradicionales y olvidarse de consumir algunos productos. Esto no impide disfrutar de platos que, además de ser saludables, son muy sabrosos. Este libro contiene una amplia variedad de recetas para diabéticos, además de recomendaciones útiles a la hora de cocinar.



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