



Tartas para celíacos, sin sal y bajas calorías (Spanish Edition)

Bernarda Rossi

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En la actualidad, las tartas son de los platos más populares y prácticos, y de allí que las personas que padecen algunos trastornos de salud específicos y no pueden consumirlas, cuentan con un inconveniente.

Por ello, la idea de este libro es presentar deliciosas y variadas recetas de tartas que sean aptas para celíacos, para quienes deben seguir una dieta baja en sodio y, por último, para todos aquellos que deseen bajar de peso. Para que todos y cada uno de ellos puedan disfrutar de este clásico indiscutible de la gastronomía actual.

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