



## La buena cocina sin azúcar (Spanish Edition)

*Patrizia Cuvello, Daniela Guaiti*

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Esta guía le ayudará a cocinar recetas variadas y con mucho sabor; incluye también consejos para la elaboración de platos exquisitos y apetitosos e información médica y nutricional. Podrá encontrar, además, sugerencias de alta cocina para cocinar sin azúcar, y un exquisito recetario que, respetando las exigencias de aquellos que deben reducir el consumo de azúcares, propone platos sanos y fáciles de preparar, tan sabrosos y atractivos que permite servirlos incluso cuando se tienen invitados.

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