



Diabetes (Cocina Y Salud / Cooking and Health) (Spanish Edition)

Anthony Worrall Thompson, Azmina Govindji

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Tener diabetes ya no significa no poder comer bien. Por primera vez un chef y una dietista han trabajado juntos para crear más de cien deliciosas recetas para diabéticos. Este libro está lleno de imaginativos y apetitosos platos&hellip, son la mejor prueba que se puede comer sano sin comprometer el sabor. Por primera vez un l

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