



# ¿Sos celíaco?: 101 recetas sin gluten (Spanish Edition)

*Daniel Guasco*

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La celíaca es, hoy por hoy, una enfermedad poco conocida por el conjunto de la población uruguaya, cuyo diagnóstico suele generar en las personas afectadas y sus familiares una gran incertidumbre debido a la falta de información.

Llegó el tiempo de desterrar el mito de que esta enfermedad podría impedir a los celíacos vivir y gozar de una vida plena.

Hoy sabemos que todo esto era producto de nuestra imaginación, desconocimiento y miedos, que es posible llevar una alimentación variada, saludable y completa siguiendo la dieta libre de gluten.

En este libro van a encontrar muchísimas soluciones para enfrentar el desafío de cómo cocinar si se es celíaco. Fue pensado para que puedan disfrutar de los mismos sabores, olores, aromas, texturas y calidad que ofrece la cocina con gluten.

Es el primer libro técnico gastronómico para celíacos en nuestro país, realizado en su totalidad por profesionales uruguayos. Es el resultado de un trabajo multidisciplinario que trata la enfermedad desde varias ópticas, además de brindarnos las deliciosas 101 recetas del autor.

Sergio Puglia

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**Nancy Hunt:**

In this period globalization it is important to someone to find information. The information will make someone to understand the condition of the world. The healthiness of the world makes the information better to share. You can find a lot of personal references to get information example: internet, classifieds, book, and soon. You can see that now, a lot of publisher that print many kinds of book. The actual book that recommended to your account is ¿Sos celíaco?: 101 recetas sin gluten (Spanish Edition) this guide consist a lot of the information of the condition of this world now. This specific book was represented how does the world has grown up. The dialect styles that writer make usage of to explain it is easy to understand. Typically the writer made some investigation when he makes this book. Here is why this book acceptable all of you.

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