



La buena cocina con fibra (Spanish Edition)

Anna Prandoni, Fabio Zago

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Fruta, verdura, salvado, harina integral... son diversos los alimentos que contienen fibra, elemento fundamental para la salud y el bienestar de nuestro organismo. Un manual práctico y completo que incluye información detallada, así como consejos de una dietista y un chef que dan como resultado un recetario sano, equilibrado y correcto, sin perder nunca de vista el gusto y el sabor. Un libro para consultar con frecuencia, con el que preparará platos deliciosos que se convertirán en elementos básicos de su alimentación, más saludable y atenta a las necesidades del cuerpo.

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