



# **Ricette Senza Latticini Né Glutine - 40 Deliziose Ricette Per La Vostra Salute (Italian Edition)**

*Amber Richards*

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Seguire una dieta senza né glutine né latticini può essere un vero problema, lo so perché anche io lo devo fare a causa di alcune allergie alimentari che ho. In questo libro trovate una raccolta di 40 deliziose ricette che non contengono né glutine né latticini; si tratta di 20 piatti principali, 10 zuppe e 10 dolci. Tutti quanti sono deliziosi e posso diventare dei piatti forti nel vostro ricettario.

Ho scoperto di essere allergica ai latticini quando ho cominciato ad avere l'artrite; nel mio caso, appena ho smesso di mangiarli, i dolori mi sono passati del tutto in tre settimane. Non avevo mai sentito parlare della connessione tra i latticini e l'artrite, e anche ora, se mangio anche solo un pezzetto di formaggio, il giorno dopo mi fanno malissimo le articolazioni. Se soffrite di artrite, provate a non mangiare latticini per 60 giorni e vedete cosa succede ai vostri livelli di dolore. Questo libro vi dà delle alternative deliziose!

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