



Pratos Sem Glúten E Sem Derivados Do Leite (Portuguese Edition)

Amber Richards

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Fazer uma dieta sem glúten e sem laticínios pode ser um verdadeiro desafio, eu sei porque tenho que fazer isso devido a alergias alimentares. Essa é uma coleção de 40 receitas deliciosas que são tanto sem glúten quanto sem laticínios. Há 20 receitas de pratos principais, 10 de sopas e 10 de sobremesas. Elas são muito saborosas e podem vir a ser pilares em seu estilo de vida alimentar.

Eu descobri, por acaso, uma alergia ao leite quando pensei estar desenvolvendo artrite. No meu caso, quando cortei os laticínios, fiquei 100% sem dor em apenas 3 semanas. Eu nunca tinha ouvido falar de uma conexão entre artrite e laticínios e, mesmo agora, se eu comer qualquer pedaço de queijo, mesmo que seja pequeno, no dia seguinte minhas juntas doem muito. Se você sofre de artrite, pense em considerar uma dieta sem laticínios por 60 dias e veja como suas dores são afetadas (se forem afetadas). Este livro dá algumas alternativas deliciosas!



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