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Si eres especialmente goloso, entenderás el desastre que supone ser intolerante a la lactosa y no poder disfrutar de helados, tartas y otros muchos dulces. Pero te voy a demostrar que podemos vivir una vida #happysinlactosa.

*Postres sin lactosa* contiene una profunda introducción a la intolerancia a la lactosa y sus diferentes tipologías, nos explica qué productos no lácteos también hay que evitar y cómo convivir con esta intolerancia. Además de dulces, también contiene recetas básicas sin lactosa como mantequilla, queso crema, crema pastelera, yogur griego o leche condensada, que podrás usar como base para tus postres.

<b>Title</b>	:	Postres sin lactosa
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