



Raccolta di ricette dolci (Italian Edition)

Milena Potenza

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Questa raccolta di ricette collezionate in anni di passione, ricerca e sperimentazione, nasce da un'attenta selezione, sono tutte ricette testate e di sicura riuscita.

Io amo fare i dolci ma cerco di stare attenta alla linea cosicché queste ricette considerano solo dolci con un minore apporto calorico rispetto alla pasticceria tradizionale.

Ci sono molte ricette pugliesi e siciliane legate alle mie origini e alla mia residenza, entrambe le regioni offrono così tanto dal punto di vista culinario che non potevo rimanerne immune...e ci sono anche ricette (ad esempio i biscotti della monaca) che sono frutto dei miei esperimenti. Non si trovano sulla rete e modestamente possono competere con l'originale!

Le ricette sono state trascritte secondo le tradizioni classiche ma normalmente sostituisco il burro con la margarina e uso latte scremato o prodotti light per ridurre le calorie. Comunque il risultato non cambia!

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People live in this new moment of lifestyle always try and and must have the extra time or they will get large amount of stress from both lifestyle and work. So , once we ask do people have time, we will say absolutely without a doubt. People is human not just a robot. Then we ask again, what kind of activity have you got when the spare time coming to you actually of course your answer may unlimited right. Then ever try this one, reading publications. It can be your alternative within spending your spare time, typically the book you have read is actually Raccolta di ricette dolci (Italian Edition).

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