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Tra i cibi fermentati che tratteremo molti sono già noti e comuni come il kefir, il miso e il tempeh (per non parlare dello yogurt), mentre altri sono ancora poco conosciuti (come il kombucha, il kimchi e il natto). È utile fare conoscenza con tutti questi

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prodotti, perché costituiscono la nuova frontiera dell'alimentazione naturale e sono ...

I cibi fermentati - Riza

RIZA. La fermentazione dei cibi è una tecnica naturale antichissima, grazie alla quale gli uomini hanno potuto produrre alimenti e bevande basilari, come il pane, la birra, il vino e lo yogurt.

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Largo anche allo zenzero o al wasabi, ottimi in caso di sintomi da raffreddamento; questi cibi "esotici" hanno grandi proprietà digestive e importanti funzioni antiossidanti. Se si fa fatica a bere la

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