

Legal Notice and Disclaimer

1. Purpose of this Legal Notice

This Legal Notice governs access, navigation, and use of this website, as well as the responsibilities arising from the use of its content.

2. Nature of the information provided

All information contained on this website (including but not limited to recipes, ingredient lists, nutritional values, or recommendations) is provided for **informational purposes only**. It should not be considered a substitute for consultation with a doctor, nutritionist, or healthcare professional.

3. Food allergies and intolerances

The website owner does not guarantee that the ingredients, products, or recipes published here are free from allergens or substances that may cause food intolerances.

Users are solely responsible for verifying the suitability of ingredients before consumption. The owner disclaims any liability for adverse reactions or damages resulting from the use of the information provided.

4. Limitation of liability

The website owner shall not, under any circumstances, be held responsible for damages that may arise from:

- The misuse of the information available on the website.
- Allergic reactions or health issues caused by the consumption of ingredients or recipes.
- Possible inaccuracies, errors, or omissions in the published content.

5. Availability and updates

While efforts are made to keep information updated, no guarantee is given that the content will always be accurate, complete, or current. The owner reserves the right to modify, suspend, or interrupt access to the website at any time without prior notice.