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Lire des ebooks Cuisine végétarienne Carole Nitsche PDF, ePub, mobi, 100 recettes gourmandes et complètes pour végétariens !

100 recettes équilibrées et gourmandes conçues par une diététicienne

On le dit et on le répète : notre alimentation moderne est trop riche en protéines animales, en lipides en glucides. Cap donc sur les fibres végétales, sels minéraux et vitamines !

Conçu par une diététicienne, ce petit livre propose plus de 100 recettes d'entrées, de plats et de desserts " ovo-lacto-végétariens " (incluant œufs et produits laitiers) ou strictement végétaliens : galettes de céréales, flans de carottes et panais, poivrons farcis au riz, taboulé au tofu, soufflé aux brocolis et à l'estragon, lasagnes aux blettes et à la tomate, gâteau à la citrouille et au citron confit, gâteau aux courgettes et à la noix de coco... des recettes simples et saines pour vos menus quotidiens !

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