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Lire des ebooks Gâteaux et autres gourmandises sans sucre Anne-Sophie Lévy-Chambon & Philippe Conticini PDF, ePub, mobi, 50 desserts de Philippe Conticini pour se régaler en famille, SANS SUCRE !

Les Français sont de grands consommateurs de sucre. Face aux délicieuses pâtisseries dont nous avons le secret, il est en effet difficile de résister ! Pourtant, l'excès de sucre est à l'origine de nombreux problèmes de santé ; il apparaît donc nécessaire de manger plus équilibré et moins sucré.

Amateurs de notes sucrées, suivez le chef Philippe Conticini pour un voyage culinaire hors normes ! Éclairs et bûches au chocolat, tartes aux pommes, biscuits parsemés de raisins secs, d'amandes et de noisettes : rien ne laisse penser que les douceurs de Philippe Conticini ne contiennent aucun sucre... et pourtant ! Il n'y a aucun sucre ajouté dans ses recettes, pas d'édulcorant, ni même ces nouveaux sucres tendance : stevia,

sirop d'agave... Réduction ou caramel de jus de fruit, tout le goût sucré viendra des fruits et seront naturels.

Un vrai défi que le chef pâtissier relève avec talent et avec l'aide d'Anne-Sophie Chambon.

Découvrez 50 recettes plus gourmandes les unes que les autres et faciles à faire !

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Quelques exemples de recettes :

- Crème renversée à l'ananas
- Crumble de blé noir aux poires
- Yaourt mousseux, melon, menthe et citron vert
- Gâteau au yaourt, parfum de réglisse
- Tajine de fruits
- Gâteau au chocolat
- Biscuit de cuillère, café et fleur d'oranger
- Capuccino à l'estragon, grenade et litchi

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