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**Lire des ebooks Mes petites recettes magiques 100% healthy Jonathan Ughetti, Boris Fabre, Anne-Flore Martinez & Alexandre N'Guyen PDF, ePub, mobi,** Aujourd'hui, on peut enfin concilier alimentation saine et plaisir des papilles ! Ce livre regroupe les 100 meilleures recettes proposées au restaurant « Ensuite » à Paris (Opéra), une restauration « slow fast-food » : fast-food car on mange rapidement mais slow car les ingrédients sont à la fois hyper-qualitatifs (tout est 100 % frais, bio...) et bourrés de superaliments comme le kale, l'açaï, les bons gras, l'avocat, les graines de chia...

Au menu :

Gaspacho de concombre et menthe, Velouté de chou-fleur au cumin, Soupe détox... les meilleures soupes healthy.

Chou kale et kiwi, Oignon rouge à la sauce soja, Brocoli croquant au sésame, Salade de papaye verte, Agneau confit... les plats et salades super-vitaminés.

Energy balls cacao amande, Pudding de graines de chia au lait de coco, Porridge aux flocons d'avoine... les desserts légers et super-simples.

Orange power, Grenade bomb, Easy détox, Veggie lover... les meilleurs jus santé.

**Pour faire à la maison des recettes super-simples et super-healthy**

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