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**Lire des ebooks Yummix simple et healthy Lyse PetitJean PDF, ePub, mobi**, 130 recettes healthy à faire au Thermomix. Des soupes, des cakes, des plats mijotés, des pâtes à tartiner des laits végétaux, des dahls... rien que du bon pour la santé et du fait maison. Lyse Petitjean est la fameuse blogueuse Yummix, blog le plus célèbre de la sphère Thermomix. C'est un « bébé thermomix » : sa mère cuisinait au thermomix, et c'est tout naturellement qu'elle a fait l'acquisition de son thermomix en quittant le nid. Aujourd'hui, elle est l'experte qui sait "dompter" son robot ; elle en connaît les points forts et les points faibles. Toutes ses recettes ont été testées et retestées par elle, et par sa famille. C'est une véritable ambassadrice du robot le plus sophistiqué du monde de l'électroménager. Yummix est reconnu pour la fiabilité de ses recettes, les tours de mains culinaires et les astuces spécifiques au Thermomix, son choix de recettes, ses jolies

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