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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: French . Brand New Book ***** Print on Demand *****.Ne laissez pas le froid de l'hiver prendre le dessus et profitez-en pour egayer vos fourneaux. Des plus simples aux plus elaborees, ces recettes de saison rejoindront famille et amis dans la chaleur et la convivialite. Bonne degustation ! Vous cherchez un moyen simple et rapide d ameliorer votre sante? Remplacer les aliments malsains de votre alimentation habituelle par des smoothies verts, nutritifs et sains, vous permet de perdre du poids, de combattre la maladie et d augmenter votre niveau d energie. Ces recettes se veulent simples, rapides et delicieuses. Les recettes de ce livre ont ete selectionnees pour que vous ayez des menus pour tous les moments du quotidien, petit dejeuner, dejeuner, gouter, diner, soirees, aperitifs, Rendez-vous service. N attendez plus ! Retrouvez l energie, la peau, le poids que vous meritez. Auxquels vous avez droit. Sans attendre. vous ne serez plus jamais esclave de votre cuisine. Alors, si vous etes prêts, remontez dans cette page.



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