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10 recettes avec des
POMMES



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Read 10 recettes avec des pommes Anne Cécile Odouard & Jérôme Odouard le livre en ligne PDF EPUB mobi, Présente sur nos étals tout au long de l'année, la pomme est le fruit préféré des Français. Comme le disent si bien les anglo-saxons, manger une pomme chaque jour éloigne le médecin pour toujours*. Riches en fibres et en vitamines, les pommes sont un véritable atout pour notre santé. Découvrez 10 recettes pour accommoder ce fruit qui se prête aussi bien aux desserts qu'aux plats sucrés salés. Qui a dit que croquer la pomme était un péché ?

*One apple a day keep the doctor away... (proverbe anglais)

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