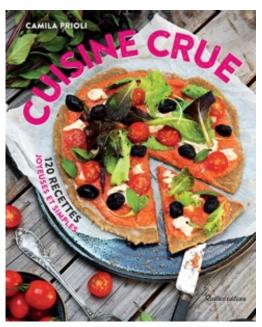
Read Cuisine Crue Le Livre En Ligne PDF EPUB Mobi- Camila Prioli



Read Cuisine crue Camila Prioli le livre en ligne PDF EPUB mobi, Pains, granola, crufiture, crakers, tartes salées, pizza, lasagnes de courgettes, raw burger, makis no-riz, samossas, cookies, pain d'épices, brownies, palets au beurre, pâte à tartiner, tartelette aux fraises... savourez dans ce livre plus de 100 recettes créatives de Camila Prioli, pour découvrir la cuisine crue et réinterpréter les classiques! La cuisine crue est considérée comme vivante : on parle d'alimentation vivante, ou raw food) car elle permet de conserver jusqu'à 90 % de la teneur nutritionnelle des aliments. C'est une cuisine végétale qui privilégie les aliments biologiques, frais et de saison. Les bénéfices de l'alimentation crue sont multiples : elle est hydratante, anti-âge, à haute densité nutritionnelle, à index glycémique bas, riche en fibres, etc. ! Préface de Charles Bradier, co-fondateur de Sol Semilla.

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