

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, crackers, 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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