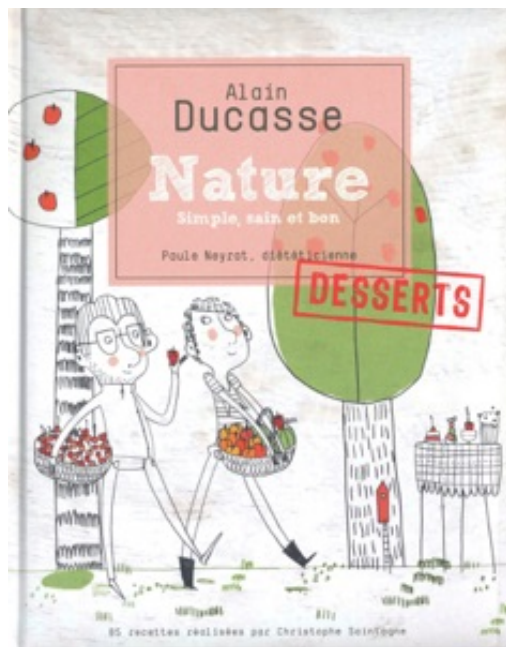


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Alain Ducasse et Paule Neyrat nous révèlent les secrets pour réaliser de délicieux desserts, à la fois simples, sains et bons, mais avec moins de sucre ! Ces 80 recettes natures et conviviales vous permettront de vous régaler, vous et vos proches, au fil des saisons. Cette cuisine assurément bonne et créative assouviendra votre gourmandise tout en prenant soin de votre santé.

Simple. Des produits faciles à trouver et abordables. Des explications claires sans termes techniques. Des temps de préparations raisonnables.

Sain. On revient à l'essentiel. La clé de l'équilibre pour un dessert réussi se situe entre la gourmandise et la modération. Plus de diversité dans votre assiette avec les nouveaux produits sucrant sains comme le sirop d'agave ou la stévia.

Bon. Un choix des produits déterminant : un fruit local, bien mûr et de saison révèle tout son goût et son parfum. De vraies merveilles gustatives grâce à des accords originaux : n'hésitez plus à marier les fraises et le basilic et testez les carottes version sucrée, vous serez assurément séduit !

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