



Petits-déjeuners végétaliens (French Edition)

Heather Hope

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PRÉPAREZ DE DÉLICIEUX PETITS-DÉJEUNERS QUI CHANGERONT VOTRE HYGIÈNE DE VIE,
CHOUCROUTEZ VOTRE SYSTÈME DIGESTIF ET ENTRAÎNEZ VOS AMIS DANS LA
RÉVOLUTION

La meilleure manière de commencer toute journée est de déguster un petit-déjeuner qui vous rechargera le corps et l'esprit tout en respectant vos restrictions alimentaires. Et c'est là qu'intervient The Essential Kitchen Series grâce aux 30 recettes étonnantes contenues dans le livre « Petits-déjeuners végétaliens ». Celles-ci raviront les mangeurs les plus difficiles et les palais les plus affinés.

Adieu les céréales froides du matin ! Désormais, vous pourrez, sans le moindre effort, transformer votre petit-déjeuner en un festin de saveurs. Vous êtes pressé ? Emportez votre hygiène de vie avec vous et soyez fiers de vos choix.

APPRENEZ À MAÎTRISER LES PLATS VÉGÉTALIENS

Par où commencer ? Vous trouverez très facilement la réponse à cette question dans les premières pages de ce livre de recettes unique en son genre. Il deviendra votre arme secrète et vous permettra de vous entraîner et de perfectionner vos techniques à chaque nouvelle recette.

Afin même de vous en rendre compte, vous aurez transformé les repas les plus banals en de spectaculaires créations. Amusez-vous, tentez de nouvelles expériences et lâchez-vous : votre palais vous en remerciera.

NE PASSEZ PAS À CÔTÉ DES SAVEURS

Nous n'insinuons pas que vous avez besoin de changer toutes vos habitudes alimentaires, mais voulons simplement vous encourager à en essayer d'autres, tellement savoureuses que vous serez ravis d'avoir sauté le pas.

Découvrez, comme des milliers d'autres personnes avant vous, qu'une hygiène de vie végétalienne peut être enrichissante, fun et surtout délicieuse. Si vous êtes déjà végétalien, ce livre viendra alors compléter votre collection de recettes. En tout cas, si vous songez à acheter cet

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