

Télécharger Livres Gratuit Actifry Veggie (PDF | ePub | Mobi) Frederique Chartrand download-free



Régalez-vous de délicieux plats veggie cuisinés tout à l'actifry, la nouvelle friteuse révolutionnaire de SEB qui frit avec seulement 1 cuillère d'huile.

Sortez des habitudes pommes de terre frites et découvrez 25 recettes de légumes light, saines et bonnes !

Quelques exemples alléchants : à l'apéro, chips de patate douce ou frites de panais ; en plat, des falafels & babaganoush ; et des poires confites en dessert !

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