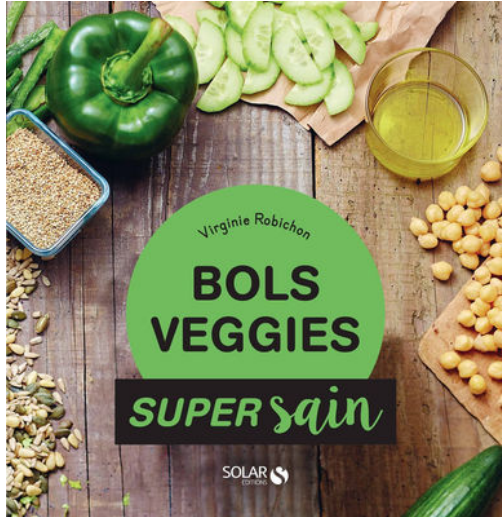


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La collection " super sain " s'adresse au grand public et répond à une attente aujourd'hui très large : manger sain pour rester en forme tout en restant gourmand, concilier bienfaits pour le corps et plaisir de manger.

Dans ce livre, découvrez :

- 70 recettes, simples et accessibles, pour apprendre à composer des bols veggie mais complets et équilibrés qui vont révolutionner votre quotidien
- des photos pour toutes les recettes
- des idées variées parfaites pour manger sainement en toute occasion, qui mettent en scène des ingrédients variés et faciles à préparer : houmous de légumes, légumes rôtis, tofus et saucisses végétales, salades, purées, galettes et boulettes,

wraps et rolls façon rouleaux de printemps ou maki géant...

- des focus sur la nutrition et les bienfaits des aliments utilisés dans les recettes
- une foire aux questions pour apprendre à composer vos bols en un tour de main
- un placard et un frigo idéaux pour toujours avoir les bons indispensables sous la main !

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