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Découvrez 250 recettes diététiques, ultra-rapides, économiques et gourmandes, à réaliser en un tour de main grâce à votre micro-ondes :

Les stars : poissons et légumes

Courgettes au chèvre Verrines d'aubergines aux moules
Purée fine de potiron au gingembre
Merlan farci au poivron jaune
Soufflé aux crevettes

Les étonnantes : viandes et œufs

Rôti de porc aux oignons et au lait
Veau aux olives
Mug omelette à la ciboulette

Les douces : desserts et confitures

Fondant au chocolat blanc
Mug cake nutella
Mousse à l'orange et au citron
Confiture de lait

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