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Le miso, le tempeh ou le tofu lactofermenté possèdent toutes les vertus des aliments fermentés. Ils favorisent la bonne santé de la flore intestinale et sont riches en protéines digestes et en vitamines.

De la soupe miso aux croque-monsieur, découvrez en 37 recettes comment intégrer ces ingrédients santé dans votre cuisine de tous les jours !

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