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Un véritable guide d'apprentissage : les ingrédients à intégrer, ceux à supprimer, toutes les bases, des astuces... Et bien sûr, 50 recettes sans traces de produits d'origine animale, pour se régaler vegan ! Une collection dédiée à ces cuisines naturelles et équilibrées qui font la part belle aux bons produits, au bien-être et à la gourmandise !

Naturellement Bon !

PÂTISSERIE VEGAN

Toutes les bases, les produits, les recettes

— BERENGÈRE ABRAHAM —

MANGO

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