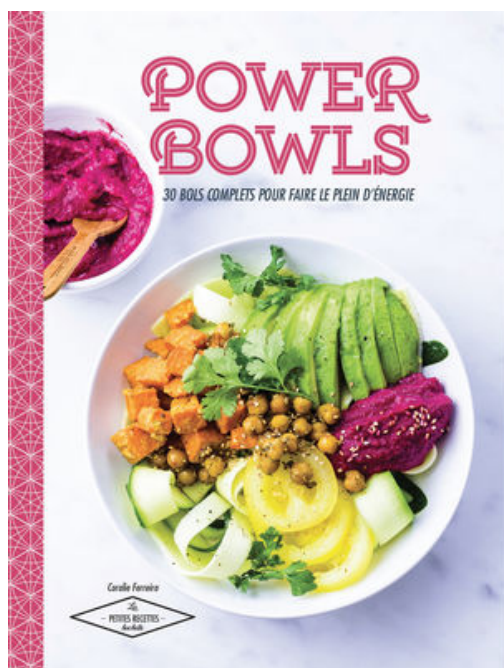


# Télécharger Livres Gratuit Power bowl (PDF | ePub | Mobi) Coralie Ferreira DataBase Book



C'est LA tendance du moment !

Envie ou besoin d'une bonne dose de vitamines et d'énergie ? Place aux power bowls : riches en fruits et légumes frais et en super-aliments pour booster l'ensemble, les power bowls rassemblent dans un seul contenant tout ce dont vous avez besoin pour un repas complet, du petit déjeuner au dîner : légumes, légumineuses, céréales et protéines en version salée, fruits, graines, céréales et yaourts en version sucrée.

Retrouvez 30 recettes pleines d'énergie : Smoothie bowls pour le petit déjeuner, Açaï bowl (banane, fraise, açaï, grenade, goji, graines de chanvre, graines de lin, myrtilles), Power bowl quinoa cuit, Chia aux framboises et acerola, mangue mixée, noix de coco, Frozen bowl açaï, fraises, pollen, Bol de riz complet aux courges, betteraves, pignons de pin,

haricots rouges, roquette et cottage cheese.

Pour des bols gourmands aussi beaux que bons !

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