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Composé de **60 recettes gourmandes** à la portée de tous, **sans GLUTEN** et **sans LACTOSE**, ce recueil est illustré de photographies (15 entrées, 15 plats, 30 douceurs).

Simple, didactique et sans aucun dogmatisme, ce livre de recettes invite le lecteur à se nourrir avec des aliments naturels les plus proches possibles de leurs origines et n'ayant subi aucune transformation industrielle. Il nous invite surtout à réfléchir sur notre façon de nous nourrir en choisissant des aliments ressourçants (légumes, fruits, viandes...) plutôt que des aliments « déchets » (plats et gâteaux industriels, farine blanche, sucre blanc...).

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