

# Télécharger Livres Gratuit Simplissime - Light (PDF | ePub | Mobi) Jean-François Mallet DataBase Book



Simplissime - le livre de cuisine light le plus facile du monde.

Cet ouvrage n'est pas un livre de régime mais plutôt un recueil de près de 200 recettes légères (ou allégées), saines, savoureuses et variées qui vient en réponse à la question que tout le monde se pose : comment se nourrir au quotidien sans prendre de poids et en mangeant autre chose que trois feuilles de salade, un yaourt et une pomme?

Dans la lignée de Simplissime, le livre de cuisine le plus facile du monde, les recettes sont faciles, rapides et réalisées en un tour de main avec seulement 3 à 5 ingrédients.

Super léger et vraiment bon, super rapide et sans vaisselle (ou presque).

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