



Simplissime light: Le livre de cuisine light le + facile du monde (French Edition)

By Jean-François Mallet

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La promesse du livre ? Des recettes toujours simplissimes à réaliser (pas plus de 5 ingrédients) au quotidien et :

- Sans produit agro-alimentaire
- Pas de mauvaise graisse
- Sans sucre raffiné
- Pas trop de produits laitiers
- Des cuissons à l'huile d'olive
- Des sauces à l'eau
- Des desserts sans sucre
- Des terrines sans gras
- Beaucoup de recettes à base de fruits et légumes ou viandes maigres et poissons

Pour chaque recette, retrouvez les mentions de :

- l'apport en calories,
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- avec ou sans lactose,
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