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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: French . Brand New Book ***** Print on Demand *****.De la pizza et de la soupe au gingembre a la salade de papaye. . 37 recettes alcalines et substituts a faible teneur en acide pour un usage quotidien. Les recettes sont concues pour le citoyen moyen qui veut manger plus d aliments de base, mais n exclut pas la consommation de produits acides. Ainsi, si vous aimez manger un steak au barbecue et boire un verre de vin mousseux lors d une fete familiale, vous trouverez ici suffisamment d inspiration pour vous nourrir le plus basique possible. Recettes: Salade de pommes et celeri salade d artichaut Pizza alcaline Couscous alcalin vinaigrette au chili alcalin Sandwich aux haricots et aux framboises Ragout de haricots Salade de haricots et concombres Salade de grenade simple Salade de betteraves simples Burger vegetalien simple Curry de patate douce simple Salade d epinards aux fraises Coins de patate douce fine Paella aux legumes Salade d avocat aux pamplemousses Salade de concombres Soupe au gingembre Soupe de carottes et tomates Macaron a la noix de coco Bouillon de patate douce savoureux Salade de tomates legeres Dessert Chia aux graines de lin Salade de papaye Hummus paprika Bol Quinoa rapide Tacos aux haricots noirs Vegetalien maison a la maizena Salade de legumes d ete Epinards avec salade d avocat Soupe d epinards de base Gateau patate douce Patates douces a la thailandaise Salade thailandaise de chou-taupe type basique Tofu a la sauce aux haricots noirs Soupe aux tomates pour les connaisseurs Nouilles courgettes au pesto Manger des aliments de base en tant que citoyen moyen ne signifie pas se priver completement de produits acides, mais les reduire significativement. Pour cela, vous apprendrez quelques recettes, par exemple comment arreter l...



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