



Recettes Vegetaliennes Pour Le Cuiseur Vapeur: 50 Plats Delicieux Avec Quinoa, Riz Et Autres Ingredients Raffines (Paperback)

By Mattis Lundqvist

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: French . Brand New Book ***** Print on Demand *****. 50 recettes vegetaliennes pour tous les jours. . et toutes les occasions. Un cuiseur vapeur n a pas besoin d etre un simple chauffage de boucher dans un coin, mais il est parfaitement adapte a la magie des plats delicieux. Des patates et du riz dans le bouillon de legumes cuits a la vapeur aux salades, il y en a pour tous les gouts. Recettes: Pouding au riz a l ananas Pudding de riz pomme-cannelle a la cannelle Myrtilles bleuet petit dejeuner-quinoa Lentilles salees Canneberge Chou vert Quinoa Riz a la noix de coco cremeux Riz feuille de cari Epis de mais vapeur Patates douces vapeur Haricots verts cuits a la vapeur Citrouille musquee cuite a la vapeur Poulet de Dijon avec farro et champignons Penne simple vegetarienne Riz espagnol nature Riz sauvage nature quinoa a l avoine nature Quinoa a l ail simple Quinoa simple Riz au pois et au mais Compote de baies fraiches Asperges fraiches au tofu Frittata aux legumes d ete Salade de haricots aux fruits et au quinoa Magie de fruits avec quinoasalad Piment de haricots...

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