

cuisiner les légumes végétaux pratiques - trempage non cuisson 1 volume de lentilles pour 3 volumes d'eau froide non salée porter à ébullition et cuire environ 25-30 mn feu doux ou 15 mn à l'autocuiseur, **ma famillezen le webmag du bien vivre en famille** - ma famillezen est un magazine lancé en 2011 100 web et gratuit entre information et divertissement il s'adresse aux parents d'enfants de **ig bas forme et minceur saines gourmandises** - les recettes que je publie sur saines gourmandises sont quasiment toutes indice glycémique bas car cette façon de cuisiner que j'ai adoptée il y a dix ans me convient si bien que je me dois de la partager

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