



Craquez pour les graines germées ! (Craquez...) (French Edition)

Sophie Menut

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Aujourd'hui les graines germées prêtes à l'emploi sont en vente partout, ou encore mieux, sont à faire pousser, tout simplement chez vous, dans un germeoir. Alors n'hésitez plus à consommer ces petites graines gorgées de vitamines et d'oligoéléments !

Découvrez 30 recettes savoureuses pour que graines germées et jeunes pousses s'invitent dans vos assiettes de l'apéritif au dessert...

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