



Ô la forme - Zen (Ô Délices) (French Edition)

Marie-Laure Tombini

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Certains jours, on aimerait bien tout plaquer et partir loin. Finis le stress et la morosité ambiante ! Mettez toutes les chances de votre côté : révisez vos menus habituels pour changer la donne et remettre les compteurs à zéro.

Marie-Laure Tombini vous propose 15 petits plats aux vertus apaisantes, qui vous permettront de faire le plein de magnésium, d'oméga-3 et de vitamines.

Alors, accordez-vous un peu de tranquillité et cuisinez en adoptant la Zen attitude !

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