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web les recettes vegans sans produit d origine animale peuvent être très gourmandes gâteaux ou pizza pour l entrée ou le

dessert hiver comme été régalez vous avec nos meilleures idées de plats végétaliens

recettes vegan manger sain gourmand et équilibré - Nov 07 2022

web la gourmandise dairy free est au cœur de l'assiette crèmes végétales mousses et flans vegan au chocolat vanille ou pistache biscuits cookies ou muffins moelleux sans beurre gâteaux aux pommes sans oeufs entremets de pâtissier revisités bavarois opéra etc crêpes gaufres ou pancake sans lait de vache les desserts