

+ Healthy and Good

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■ Synopsis :

A real bible for healthy food.

Far from sad diets, nice and tasty recipes with good ingredients.

From starters to deserts, inspiration for a superfood menu.

■ The Author :

Dietician and nutritionist, Solveig Darrigo runs a TV broadcast on Healthy food.

She wrote the *2014 Cookery Diary* at Marie Claire books.

■ Specs :

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