





Riches en
protéines











Made in
Wallonie

Pourquoi manger des légumineuses ?





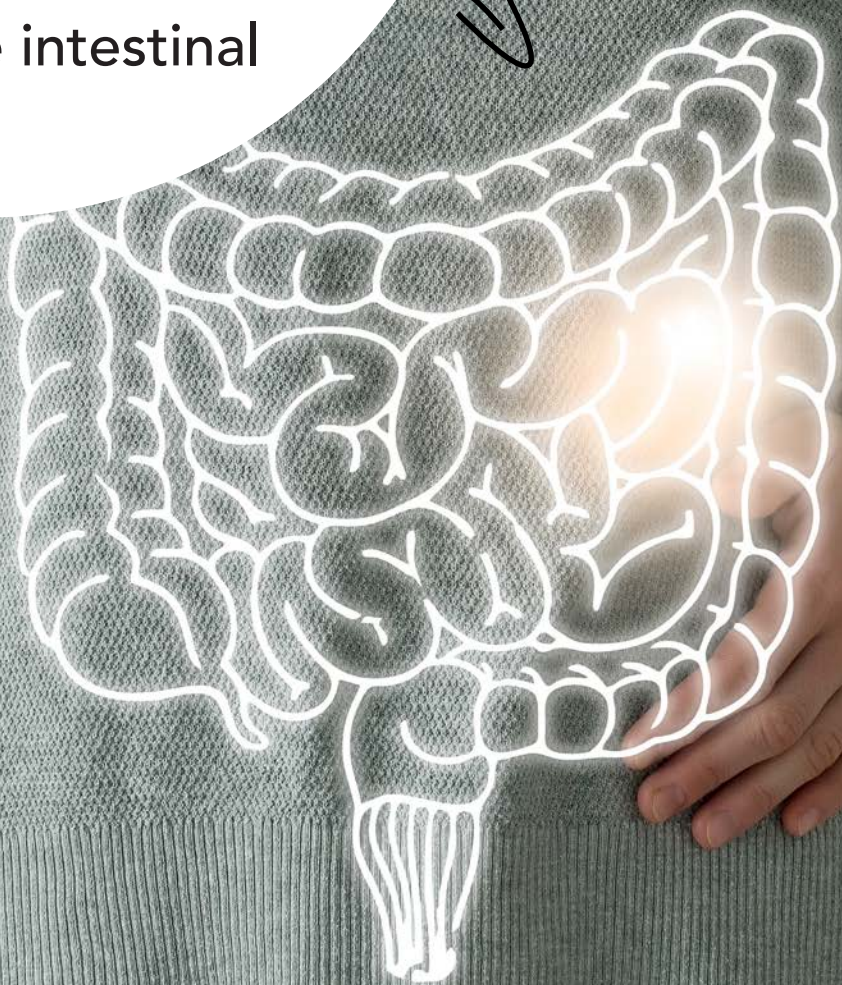
Pour leur richesse en
protéines végétales

A woman with brown hair tied back, wearing a white tank top and white headphones, is smiling and looking upwards. She appears to be running or jogging in a park with green trees in the background. A white curved arrow points from the text circle towards her ear.

Pour leur
apport
en énergie
de longue durée

Pour leurs **fibres** **alimentaires**

qui nourrissent le
microbiote intestinal



Pour leur faible impact environnemental



Parce que c'est bon !



A close-up photograph of a person's hand holding a wooden spoon, poised to stir a bowl of red kidney beans. The bowl is made of light-colored wood and sits on a white marble surface. In the background, a glass jar filled with grains and a wooden box are visible. A semi-transparent white rectangle is overlaid in the center, containing text.

PROTÉINES
VÉGÉTALES,
FIBRES,
ÉNERGIE...



Pourquoi manger
plus souvent des
légumineuses

A person wearing a blue and white striped shirt is visible in the background, working in a kitchen. In the foreground, a large white bowl filled with red lentil soup is prominent. The soup contains visible red lentils and diced tomatoes. To the left and right of the central bowl, there are other bowls containing different food items, including what appears to be a vegetable and meat stew. Fresh green herbs are scattered on a wooden cutting board in the lower left corner. A semi-transparent red rectangle is overlaid on the center of the image, containing the text.

Comment
les préparer ?

Les réponses dans
notre nouvel article



Les
légumineuses:
un trésor à
(re)découvrir ?