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In diesem Kochbuch zeigt Yogatherapeutin und Ernährungsexpertin Bianca Dohring, bekannt aus dem Reality Format "Big Brother," dass gesunde Ernährung weder eintonig noch langweilig sein muss. Stundenlanges Zubereiten ist bei ihr ein Fremdwort. Ob tolle Ideen zum Frühstück, Smoothies, Mittagsgeschichte oder süße Snacks für zwischendurch - hier findet jeder sein Lieblingsgericht."

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