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12 Jahre ohne Zucker!! Der \"Dann eben anders\" Talk mit Anastasia Zampounidis

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Und das schon seit über 10 Jahren! Da ich die zuckerfreie Lebensweise sehr bewundere und ständig auf der Suche nach neuen Rezepten bin, wollte ich mir Anastasias neues Buch ‚Für immer zuckerfrei - Meine Glücksrezepte‘ nicht entgehen lassen. Auf dem Cover ist die Autorin zu sehen, was ich gut finde, da man zu dem Namen gleich ein Gesicht ...

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