

A glass bowl filled with a mixture of white yogurt, sliced bananas, red strawberries, and almonds. The bowl is placed on a brown woven placemat. A silver spoon is visible in the upper right corner of the bowl. Overlaid on the image is the text 'Top 5 High Carb-Rezepte zum Zunehmen' in a bold, white, serif font with a black outline.

**Top 5**  
**High Carb-Rezepte**  
**zum**  
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# High Carb Rezepte Ein Koch Blog Buch Ebook

**N Colangelo**



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