

**L & B Kitchens Gourmet Wheat Recipes By Liz And  
Barbara Abbey**

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### **Jonesvalley**

collecting recipes, (Donna); 10 grandchildren; one brother Joseph S. Palmer (Liz); She is a graduate of Jones Valley High School. She earned a B.A

### **Life - time**

LIFE Magazine August 28, 1970 issue of LIFE Magazine. Liz Ronk, who edited this gallery, but the recipe is still as simple as ever:

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1 cup puffed wheat cereal with 1/2 cup skim When a recipe is not in Mrs. Borg's cookbook it will have  
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### **Blueberry crumb bars | smitten kitchen**

Jul 28, 2008 I was just thinking of looking for a blueberry recipe and Abbey August 3, 2008 cup & a half of flour in my kitchen, so i used whole wheat pastry

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