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Mediterranean paleo cooking recipes (

40+ recipes for Optimal Weight and Health by Elizabeth Vine Recipes Cookbook is packed with Mediterranean inspired 40 Paleo recipes

Food - alltop

Dinner Rolls Ingredients - 225 gms Refined Flour - 10 gms Sugar - 10 gms Salt - 12 gms yeast - 10 gms Oil (I used very little) - Cup Water Method - Warm the water

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Mediterranean paleo cooking - grassland beef

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