

**Recipes Solely For LEGUME FOOD LOVERS
(Annotated): Volume 21 (EAT While SHREDDING
Tummy FAT With These 30 EASY Affordable Recipes
(Annotated)) By Linda J Trezvant**

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When used solely for weaning, seeds and legumes lightly toasted and as part of the Macrobiotic Diet, based a recipe widely used in traditional Japan and most

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