

**THE PALEO AFICIONADO BREAD & PASTRY RECIPE
COOKBOOK (THE PALEO DIET MEAL RECIPE
COOKBOOKS 10)**

Erik Emilia People

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These minor transgressions are possible because I make
deposits in the good health bank the rest of the time. I was
just wondering if I could substitute the almond milk to
unsweetened vanilla cashew milk?

The following nutrient-dense salad includes many phytonutrients, most of
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crusts, crushed nut crusts, and sponge cake cheesecake bases.
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I abandoned that dream because I was incapable of doing pushups and situps—
bread is nothing short of phenomenal!