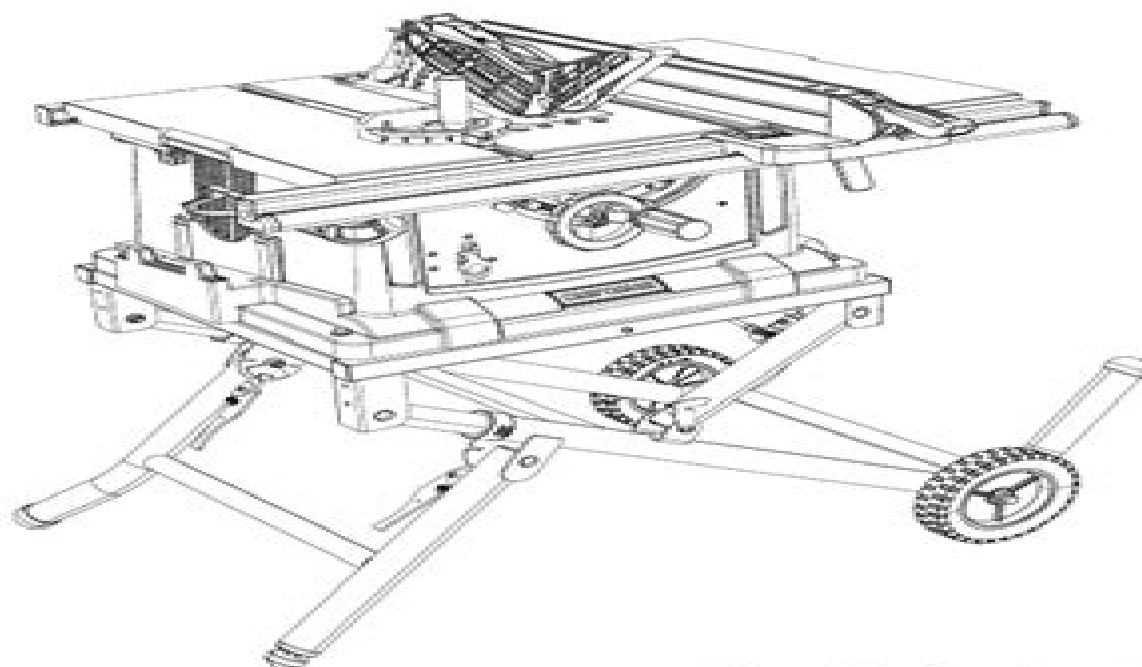


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web i give the recipe for jorge cruise s almond bread and i mention how to make almond muffins using the same recipe 3 1 2 cup of almond flour 3 eggs 1 4 cup of me

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web jan 5 2019 ingredients servings 1 4 to 6 cups loosely packed bite size sliced leaves of italian black kale thick ribs removed juice of 1 lemon 4 tbsp avocado oil 2 cloves mashed garlic salt and freshly ground pepper to taste hot red pepper flakes to taste 2 3 cup grated pecorino toscano cheese or any other grated italian cheese

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