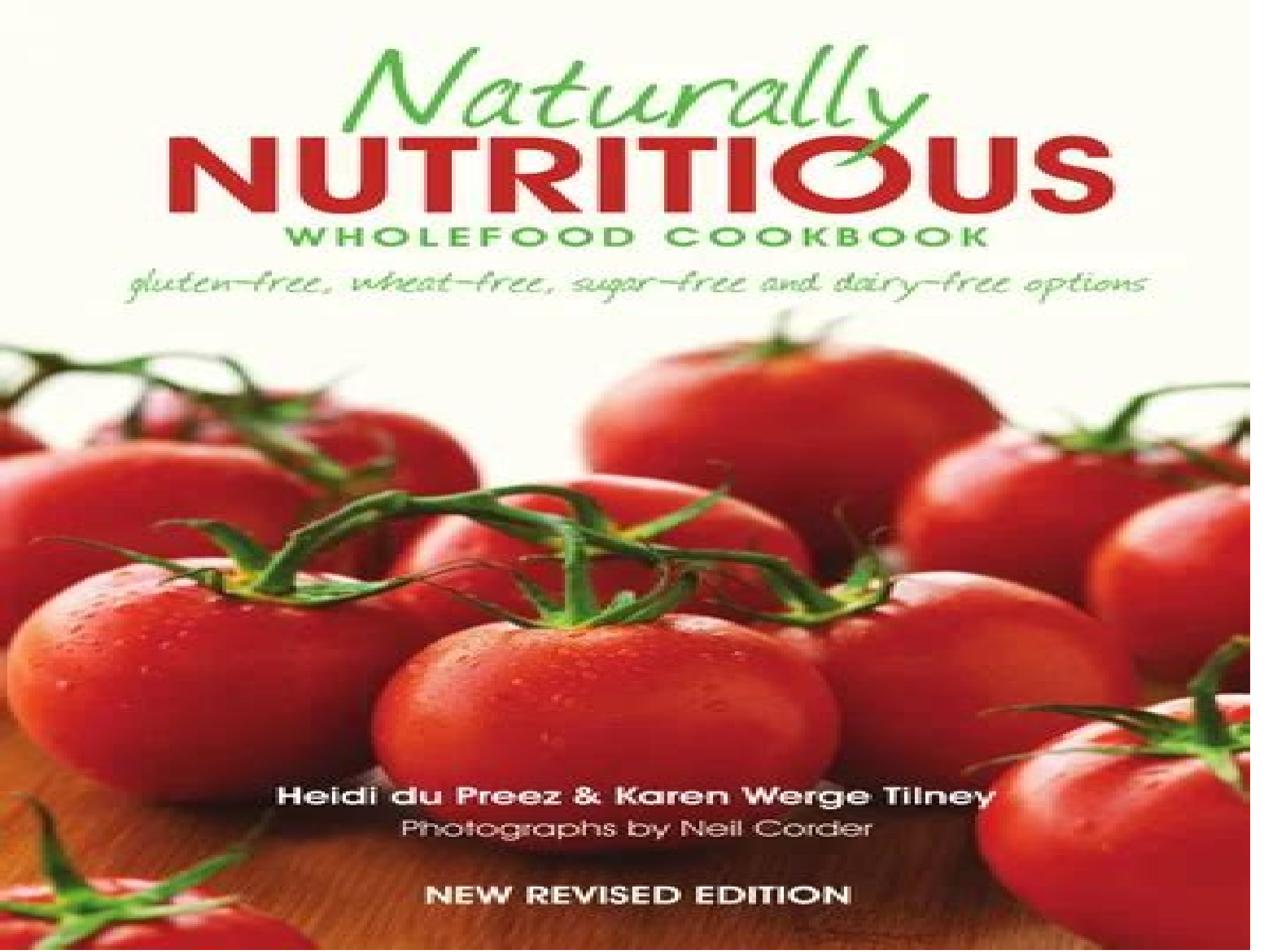




Naturally **NUTRITIOUS** WHOLEFOOD COOKBOOK

gluten-free, wheat-free, sugar-free and dairy-free options

Heidi du Preez & Karen Werge Tilney
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