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dip is yummy on a

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cucumbers, carrots,

and fresh broccoli!

Now dip, baby, dip.

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finding ways to live
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by consuming real
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375 F. In a bowl,

toss together the
whole wheat flour,

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seeds. Add oil and

mix it with the flour
thoroughly. Now

slowly add water

and knead till it

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or low-fat milk and milk products;

Includes lean meats, poultry, fish, beans, eggs, and nuts; Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars

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