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# Yeast Connection Cookbook A To Good Nutrients Better Health And Weight Management

**recipes - yeast connection** - recipes breakfast creamy nut pudding (from the yeast connection cookbook). serves 1 cook time: 8 minutes - 1 hour prep time: 5 minutes 1 sweet potato 1/3 cup nuts (buy these fresh and refrigerate or freeze them to retard mold growth.) 1/3 cup water 1/2 teaspoon vanilla salt to taste, if desired

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