

# **Mediterranean Paleo Slow Cooking Recipes: Paleo Cookbook With 40+ Recipes For Optimal Weight And Health [Kindle Edition] By Elizabeth Vine**

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### **Mediterranean paleo cooking - grassland beef**

Mediterranean Paleo Cooking. The recipes are perfect for anyone who loves eating fresh, and the slow cooking gives the liver a more pleasing texture.

### **Food - alltop**

Dinner Rolls Ingredients - 225 gms Refined Flour - 10 gms Sugar - 10 gms Salt - 12 gms yeast - 10 gms Oil (I used very little) - Cup Water Method - Warm the water

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