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banana cake| No

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cookie base 1 1/2

cups gluten free

rolled oats any rolled

oats work 1/2 tsp

baking soda 1/2 tsp

baking powder 1/4

cup sugar of choice

white, brown,

coconut or sugar free

1/4 tsp salt 2 tbsp

coconut oil can

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yogurt. Wash and dry  
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peel them and cut  
them into equal-sized



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Multicooker brittle.  
First prepare a place  
for your brittle. Line a  
plate with parchment  
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include fruits,  
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ground nutmeg,  
unbleached flour,

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vanilla extract, egg,  
icing and 9 more.  
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Pop Culture. vanilla,  
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yogurt, sugar, baking  
soda, whole wheat  
white flour and 2  
more. Maple Sugar  
Cookies Kristine in  
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unbleached flour,  
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butter, cream of

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Parfaits offer a tasty twist on breakfast, as fresh fruit is usually layered with granola and yogurt. However, all of those items contain sugar, so if you are on a no-flour, no-sugar diet, you will have to make some substitutions. Sugar-free vanilla and fruit-flavored

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pudding topped with  
nuts and toasted oats  
can provide a similar  
consistency.

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daring moves, Anna  
Jones makes a lemon  
cake with cannellini

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