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Mon, 09 Jul 2018 15:53:00 GMT - Ingredients 3 tablespoons coconut oil or butter, melted 3 cups coconut flakes 2 cups unsalted mixed nuts, roughly chopped 2 tablespoons chia seeds

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Sun, 01 Jul 2018 12:57:00 GMT - 6 i quit sugar cookbook | introduction Mum tells me that, growing up, she never saw me turn down a single item of food. Much later, when I became a restaurant reviewer, I was known in food and wine circles as "the Hoover"