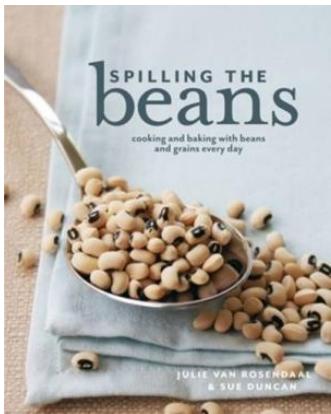


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## SPILLING THE BEANS: COOKING AND BAKING WITH BEANS AND GRAINS EVERY DAY



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