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Ingredients: (Makes 6 c or three 2 c servings of 320 cal each.) • 1 large butternut squash • 2 c low sodium chicken broth • 2 T chopped parsley • 1/4 t. white pepper • 1 T dried marjoram • 1.5 c soy or rice milk • 2 T molasses • 1/4 t cinnamon • nutmeg, salt, pepper.
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The Mediterranean Diet

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The Complete Mediterranean Diet Food List - Dr. Axe

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