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#Juice Delite Book By Martha Abdulhafiz**

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If you use a strainer and save the juice it makes a great hard cider! All in all, a great way to make apple sauce! Cranberry Applesauce ; Best Fresh Apple Bundt Cake

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Pineapple Mango Smoothie . February 16, 2012; Laura; beverages this is the best smoothie ever!! martha November 21,

Roasted pumpkin seeds recipe, toasted pumpkin

1 Cut open the pumpkin by cutting a circle around the stem end with a sharp knife (knife blade angled in), and pulling off the top. Use a strong metal spoon to scrape

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