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**www.heidoc.net** - [www.heidoc.net](http://www.heidoc.net)

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**blueberry power muffins with almond streusel** - We call these "power" muffins because they're loaded with B vitamins from whole wheat flour, or microwave each muffin at HIGH 15 to 20 seconds.

**almond flour pancakes recipe - allrecipes.com** - Aug 30, 2009 Mix the almond flour and sugar into the flour mixture until just Cook until dry around the edges and bubbles have 20%; Fiber; 0.8 g; 3%; Protein; 24 g;

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**almond flour | the dr. oz show** - Almond flour can be stored in an airtight container for up to 1 week on the counter or for several months in the freezer. The Latest Recipes. 1.

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