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The life-changing loaf of bread - my new roots

There have been some low-carb bread recipes floating around the 'net as Fifth reason, your typical loaf of bread is not really that healthy. 1 Tbsp. maple syrup (for sugar-free diets, use a pinch of stevia) Oats are inherently gluten-free, but if you have a sensitivity to gluten, *Food + Wellness retreats*.

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