

**SLOW COOKER SUPERFOOD RECIPES (HEALTHY EATS
BOOK 4)**

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crockpot slow cooker lentil and kale superfood recipe. 1/2 to 1 teaspoon kosher salt (start with 1/2, then season if needed at the table) too short to eat things you don't like, even if they are healthy and 'oh so good for you'.

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