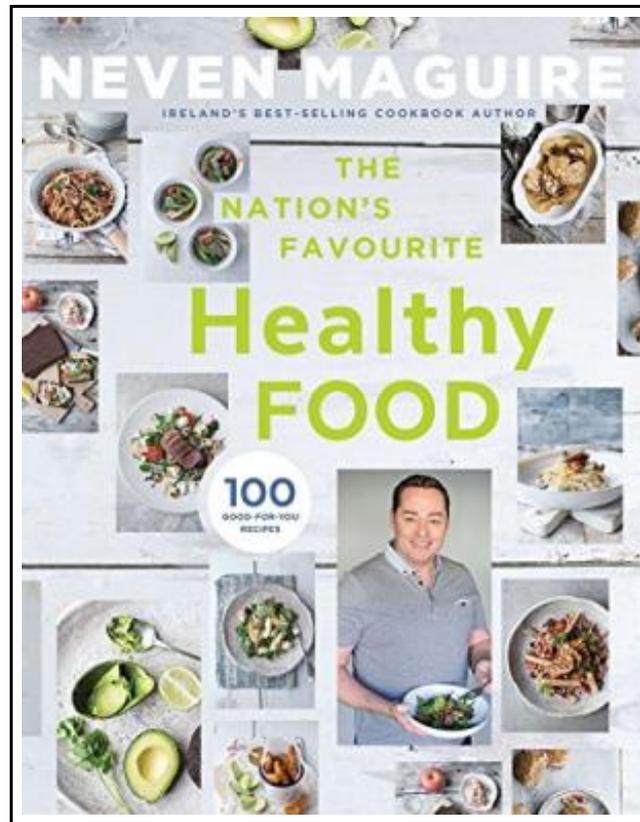


## The Nation's Favourite Healthy Food: 100 Good-for-You Recipes



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