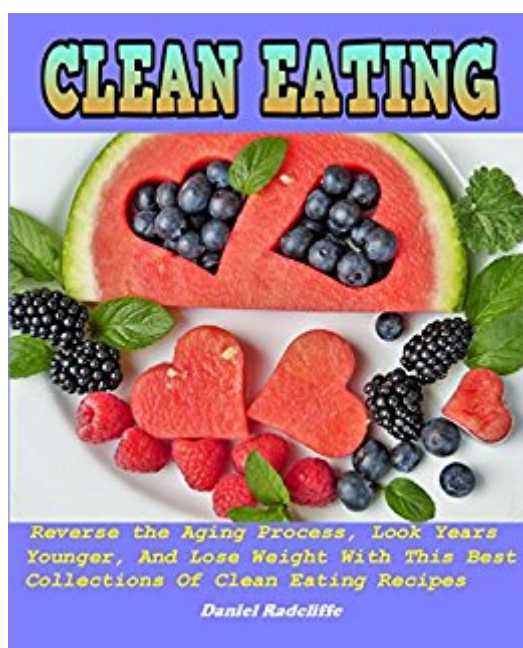


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carrots 2 pieces of unpeeled and finely chopped up red apple 1
tablespoon of cider vinegar 500ml or reduce salt vegetable stock 200g
of roughly chopped up kale 20g of pack of dried apple crisp. I have read this book
carefully & it's very helpful. I love it. Thanks for publishing this book.

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