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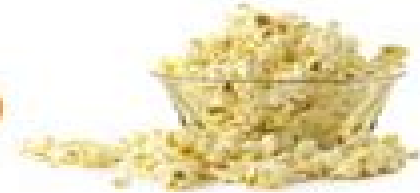
1 Small sweet potato
(100g) 3g fibre



100g green peas
5g fibre



30g almonds
3.5g fibre



30g popcorn
4g fibre



100g baked beans
4g fibre



100g raspberries
6.5g fibre



2 slices wholemeal
bread 5g fibre



60g avocado
4g fibre



100g chickpeas
(canned) 4.5g fibre



100g edamame/ soya
beans 5g fibre



30g bran flakes
5g fibre



15g chia seeds
5g fibre



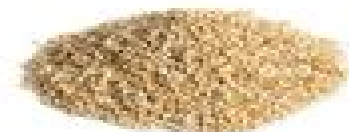
30g lentils (dry)
8g fibre



100g parsnip
5g fibre



60g wholewheat pasta
(dry) 5g fibre



60g quinoa (dry)
5g fibre

Recipe With 3 Grams Of Fiber

JL Elias



Recipe With 3 Grams Of Fiber:

Recipe With 3 Grams Of Fiber Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Recipe With 3 Grams Of Fiber**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect on our existence. Throughout this critique, we shall delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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