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baking soda 1 4 tsp salt 2 t coconut oil 1 egg fresh whole 2 t half and half cream directions

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sliced leaves of italian black kale thick ribs removed juice of 1 lemon 4 tbsp avocado oil 2 cloves mashed garlic salt and freshly ground pepper to taste hot red pepper flakes to taste 2 3 cup grated pecorino toscano cheese or any other grated italian cheese

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and a half hours and sentimental but  
that s fine the story demands emotional  
depth especially in the second and third  
acts when it s joey the audience is  
following not albert between the

gorgeous cinematography all those lush  
landscapes and claustrophobic trenches  
and the expert editing the film

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and is wounded during the battle of the  
somme whilst recovering in hospital he  
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