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Gluten Intolerance Group (GIG) 31214 – 124th Ave. S.E. Auburn, WA 98092-3667 Phone: 253-833-6655 Fax: 253-833-6675 Wwww.GLUTEN.org. Customerservice@GLUTEN.org. The Mission Of The Gluten Intolerance Group Is To Empower The Gluten-free Community Through Consumer Support, Advocacy, And Education. To Make A Donation Or Become A Volunteer To GIG ... Jan 12th, 2024

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Align Center Of Fruit/vegetable With Cylindrical Coring Blade. 4 7 C. 2 1 1 10 A 11 D A 9 A 8 1 2 B When Done Spiralizing, Remove Blade By Pulling It Out Of Base (A). Slide Blade Box (D) Back Into Base (A) For Storage. While Pushing Side Handle Towards ... Mar 7th, 2024

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In The Bowl Of Your Food Processor. Pulse Until The Basil Is Broken Up Into A Paste. With The Processor Running, Drizzle The Oil Down From The Top. Remove The Pesto From The Food Processor, Taste And Season With Salt And Pepper. Trim The Ends From The Zucchini. Using The Jan 10th, 2024

## **Your Guide To The Veggie Spiralizer**

1noodles Or Rice For Combine All The Ingredients In The Manual Food Processor; Process Until Well Blended, Scraping Down The Sides As Needed. Serves 4 →recipe Photos Using U.S. Nutrients Per Serving (3 Tbsp/45 ML): Calories 210, Total Fat 16 G, Saturated Fat 3 G, Cholesterol 0 Mg, Mar 17th, 2024

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- Keep Hands And Utensils Out Of The Chopper While In Use To Prevent Personal Injury Or Damage To The Unit.
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- Never Chop Ice In The Chopper.

Mar 17th, 2024

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