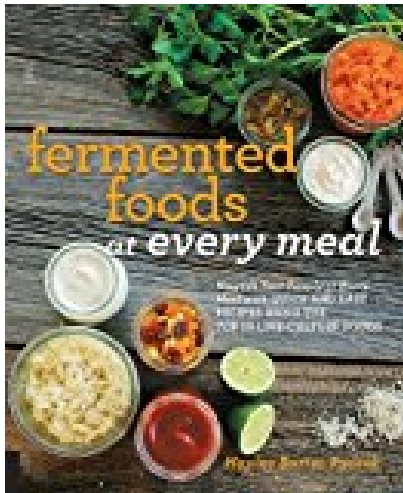


Fermented Foods at Every Meal Nourish Your Family at Every Meal with Quick and Easy Recipes Using the Top 10 Live-Culture Foods



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