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Easy Healthy Recipes Made From Food Pantry Staples

Directions: 1. In A Bowl Add Oats And Milk 2. Microwave For 2 Minutes Or In A Medium Sauce Pan Bring The Milk To A Boil. Add Oats, Reduce Heat To Low, And Simmer For 5 Minutes 3. Once Cooked, Take Out Of Microwave And Add Peanut Butter And Jelly 4. Mix Well And Enjoy! Oatmeal Each Recipe Serves 1 Peach Oatmeal 1th, 2024

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AIR FRYER COOKING TIME SHEET TEMP VEGETABLES Asparagus Broccoli (florets) Brussels Sprouts Carrots Inch Slices) Cauliflower (florets) Corn On The Cob (whole) Eggplant 1.5 Inch Cubes) Green Beans Mushrooms Onions Peppers (whole) Potato Wedges Potatoes (whole) Squash (cubes) Sweet Potatoes (fries) Sweet Potato (whole) Tomatoes (cherry) Ucchini Fries 3th, 2024

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