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Iodine Intake The Major Sources Of Iodine In Our Diet Are Dairy Products And Fish. The Iodine Content Of Plant Foods Depends On The Iodine Content Of The Soil Which Is Variable. Foods Grown Closer To The Ocean Tend To Be Higher In Iodine. Where Soils Are Iodine Deficient, Iodised Salt And Seaweed Provide I 4th, 2024

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#### **EASY Vegan RECIPES**

• Indian Black Salt (kala Namak) (optional) • Bread, Tomato, Lettuce, Or Other Desired Sandwich Fixings 1. Wrap The Tofu In A Paper Towel, Then A Clean Dish Towel. Press By Leaving Between Two Heavy Pots For About 10 Minutes. Replace The Soaked Dish Towel With Another Dry Towel And Press For Another 5 Minutes. 3th, 2024

## **Vegan Quantity Recipes**

Recipe Created By Chef Wynnie Stein, Co-owner Of Moosewood Restaurant, For The Cool School Food Program Of The New York Coalition For Healthy School Food In Ithaca, NY (www.healthyschoolfood.org). 50 Servings 100 Servings 4th, 2024

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