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<http://livelearnloveeat.com/2011/06/07/waste-free-vegan-lunch-ideas-for-kids/>

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<http://www.alibris.com/Wheat-Free-Classics-Dessert-and-Raw-Food-Recipes-Wheat-Free-Classics-Compilations/book/26031061>

Jan 24, 2009 More Food.com I make our own wheat bread regularly so followed the same  
guidelines while working with your wheat recipe. This is what Lunch/Snacks

<http://www.food.com/recipe/wholesome-homemade-honey-whole-wheat-bread-32607>

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<https://www.pinterest.com/mkpecc/wheat-dairy-free-recipes/>

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<http://rawfoodrecipes.com/course/main-course/>

Place the bulgur wheat into a small bowl and cover with 50ml/2fl oz of divide the tabbouleh equally among four serving Vegan recipes; Vegetarian recipes  
[http://www.bbc.co.uk/food/recipes/tabbouleh\\_91782](http://www.bbc.co.uk/food/recipes/tabbouleh_91782)

Apr 22, 2007 The bread machine makes this classic combination This is the BEST bread recipe I have come across.I did change the amount Vegan Whole Wheat  
<http://allrecipes.com/Recipe/Honey-Whole-Wheat-Bread/>

and vegan recipes which are all gluten-free and wheat and vegan recipes which are all gluten-free and Raw Vegan Foods and Recipes  
<http://vegetarian.about.com/od/glutenfreerecip2/>

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<http://recipes.sparkpeople.com/great-recipes.asp?food=raw+vegan+rice>

Raw Food; Gluten Free. this Wheat Berry Risotto recipe uses a rarely There are advantages and disadvantages to making risotto with wheat berries instead  
<http://www.tablespoon.com/recipes/wheat-berry-risotto/877202f2-cef2-4fe1-adad-af24f21b03a5>

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