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just made this. it's delicious, and i'm so impressed that i can eat a whole slice on its own with a glass of water. i have done the same with other psyllium recipes, but this one went together like a breeze, was very flavorful, and the end result was an awesome, not grainy whole grain flatbread! i started with 1 t of psyllium + 2 t of plain whole oats. i used hazelnuts which were a great addition. i added a bit of garlic and smoked paprika and it was great. i added a bit more whole oats to get it a little thicker, and i also used the sugars listed - these were perfect. i folded it into a loaf pan lined with parchment, and stuck it in a preheated 350f oven for 20 minutes. the texture was awesome. when i took it out, it was perfectly cooked and i simply squeezed a lemon over the top. now, at home i'm going to do the same, but using a loafer pizza pan with a little less oil, and i'm probably going to keep the sugar and garlic and paprika, and i think i will use cumin and cayenne as well. it will be incredible! making this for the first time today, it came out perfectly!!! i was happy to do the 5 hours if it was

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something i was cooking for my husband, but it's for myself, so it was perfect to cook in the morning. i put a fresh batch in the fridge in a ziploc to eat throughout the week. thanks for sharing this perfect healthy flatbread recipe!! hi i just wanted to say that i love urja bread! i also wanted to show you the finished product as i believe that it truly is scrumptious. i saw urja bread on the tv in an episode of supernanny and felt that it looked lovely so decided to give it a try and so glad i did! i used a ziploc bag to warm up my flaxseed and oats, then rolled the mixture into balls and popped them into my bread pan. it took me around 40 minutes to go through one bag of flax seeds but i didn't mind.. i mixed the rest of the ingredients together (i know your recipe says to do so but having kneed them myself i'm used to adding stuff at different times) and then poured it all over the top. half an hour later. perfect bread! i will be making this for a while i think! if you are still making it for cost reasons i know it must be healthier not to knead the dough, but if i am making a bigger loaf it's easier to knead it if you know what i mean?? thanks again. the bread has now become the star of our dinner party as well as breakfast. it's just delicious! :)

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## Urja Full Crack [hack]

and then also, one of you obviously said that since white supremacy is written into our constitutions, it must be self-evidently good. and i'm just going to say, you are an idiot. there are lots of nice things in our constitutions. white supremacy is not one of them. youre not even stopping to consider how the current interpretation of the constitution has emboldened the far right to keep backing nativist bullshit, and how the constitution has been interpreted to help preserve this system that you guys built. its one of the most sickening and disgusting things you can do, to use the awesome protections that the united states constitution grants you to keep a racist system that has oppressed and exploited people for years, and to say, we're not going to touch it until you guys are better for everybody. youre better for you and worse for everyone else. so sorry, but you blew it up. you start claiming constitutional protection for your odious agenda, and then when people push back, you say "you dnt even know your rights", or "you didnt have the right to tell people to stop wearing culturally appropriate clothing", or whatever. thats when i end up screaming at you in my cabin in the woods. this is super easy, fast, and healthy! no sugar at all, no whole grains, just whole wheat flour and water. i like to use a sprouted wheat germ instead of almond meal. i also

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use a whole wheat pastry flour to add in a little more nutrition. i had never heard of buckwheat before; so thanks for the tip. i've used buckwheat before as a honey or sugar substitute in cookies, but i haven't seen it used in breads or muffins. this bread is light and fluffy and just the right texture. 5ec8ef588b

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