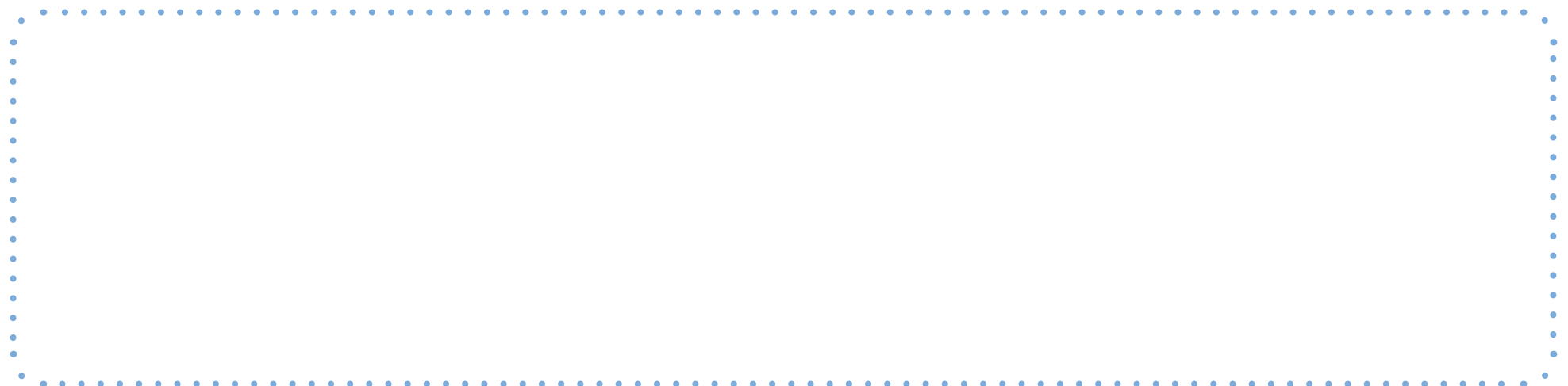




Confidence to Cook

Practical food skills with great tips and easy meal ideas that make eating healthier a whole lot easier.



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