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and DiabetesGot there! Finished

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help improve blood sugar ...

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Holiday Pumpkin Custard 2 egg
whites 1/8 tsp. ground ginger 1
cup canned pumpkin 1/8 tsp.
ground allspice 3/4 cup evaporated
skim milk Dash salt 3 Tb. sugar
Whipped dessert topping In a
medium mixing...

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reap the health and weight loss
benefits of the Mediterranean
diet.

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