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with 1 1 2 cup s hot water in a large  
bowl 2 add coconut milk vanilla and  
sweetener and mix with spoon 3  
separate equally into 6 cups or bowls of  
your choice and refrigerate for 1 hour  
or overnight  
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cook 1 number of servings 4  
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sweetener 1 c almond flour per 3 t  
cocoa powder hershey s unsweetened  
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website 1 8 tsp baking powder 1 2 tsp  
baking soda 1 4 tsp salt 2 t coconut oil  
1 egg fresh whole 2 t half and half  
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4 to 6 cups loosely packed bite size  
sliced leaves of italian black kale thick  
ribs removed juice of 1 lemon 4 tbsp  
avocado oil 2 cloves mashed garlic salt  
and freshly ground pepper to taste hot  
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grated pecorino toscano cheese or any  
other grated italian cheese  
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