
From: jeffrey E. <jeevacation@gmail.com>
Sent: Saturday, June 4, 2016 8:20 PM
To: Karyna Shuliak
Subject: Re: Muffins

ask lyn to make a batch with almond flour? pl=ase . each one can send you a muffin , fed =x/ I am not asking for a cure for cancer - just=a muffin

On=Sat, Jun 4, 2016 at 3:54 PM, Karyna Shuliak [REDACTED] wrote:

Valdson uses almonds and other nuts that he can find=in the house with no specific preference. Lyn uses almonds, pecans and walnuts. =A0

Valdson puts 1 cup of almond flour, and Lyn d=es not.

Valdson puts 250g raisins, Lyn put= 1 cup (which is about 150g)

Looks like Valdson does not use flax=ed meal, that Lyn uses. Waiting for him to confirm that, as the first time Svet asked him, he did n=t know what it was, so she sent a picture and is waiting for an answer.

Lyn and Ana use the same recipe and Ana claims to use the ingredients from Lyn.

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please note

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