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Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**

**Tasty Rice Pudding**

**By Kenia Morales**

**Tasty Rice Pudding**

by: **Kenia Morales**

Tasty Rice Pudding by Kenia Morales

Cover and let it simmer for 10 minutes. It makes up to 4 servings. It can be serve hot or cold.

<http://www.kpatra.com>

[info@kpatra.com](mailto:info@kpatra.com)

**Spanish Food – The Perfect Paella**

**By Linda Plummer**

Paella Valenciana – Paella From Valencia

Ingredients: 4 cups rice. 8 cups fish stock. 8 king-sized prawns/langoustines. 8 mussels. 200

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