

November 2021 Vitalit-E-News References

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Vegan No-Bake Carrot Cake Truffles

Adapted from https://www.cookinglight.com/recipes/vegan-carrot-cake-truffles



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Astragalus Root for Strengthening Immunity

Herb Wisdom.com "Astragalus" http://www.herbwisdom.com/herb-astragalus.html

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Cod Liver Oil: Your Grandmother's Remedy for Good Health

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