# **QUICK HEALTHY RECIPES**



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Greek Yogurt Fruit Parfait. If you're trying to shed a few pounds, this parfait might just be the perfect breakfast. Each layer nectarines, plums, nuts, yogurt, puffed rice provides a healthy dose of slimming fiber or protein.

Heck, this 5-minute dish is filling enough to have for lunch, thanks to the Greek yogurt,

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# Easy healthy recipes Jamie Oliver

These easy, healthy recipes are super-quick to pull together. They're great for busy weeknights when you want good food on the table, fast!

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