

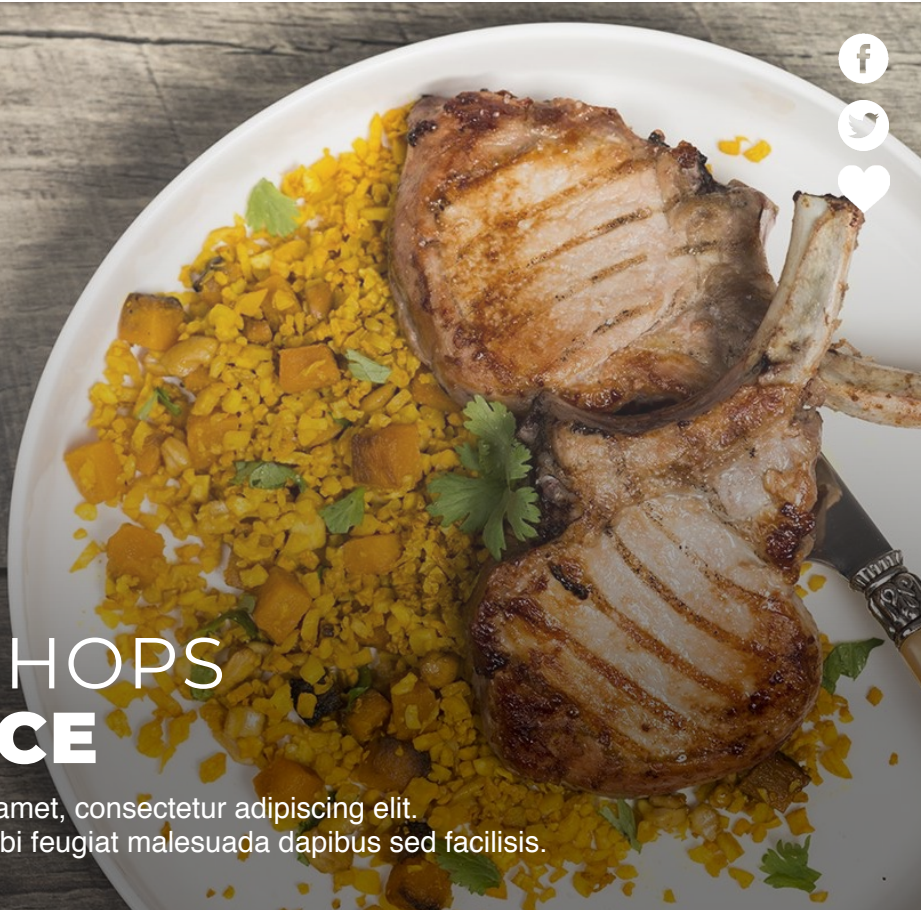
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HEALTHY FOOD ON A BUDGET

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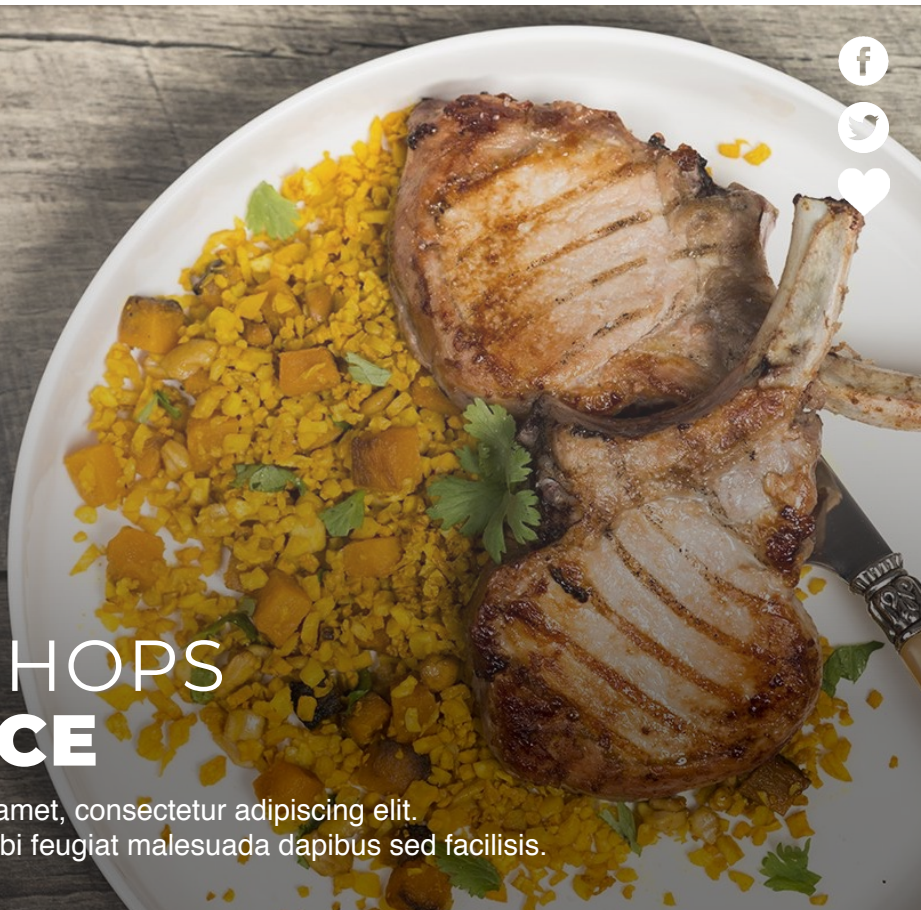
MOST SHARED

5 AFRICAN INGREDIENTS THAT SMELLS BAD BUT TASTES BETTER WHEN COOKED

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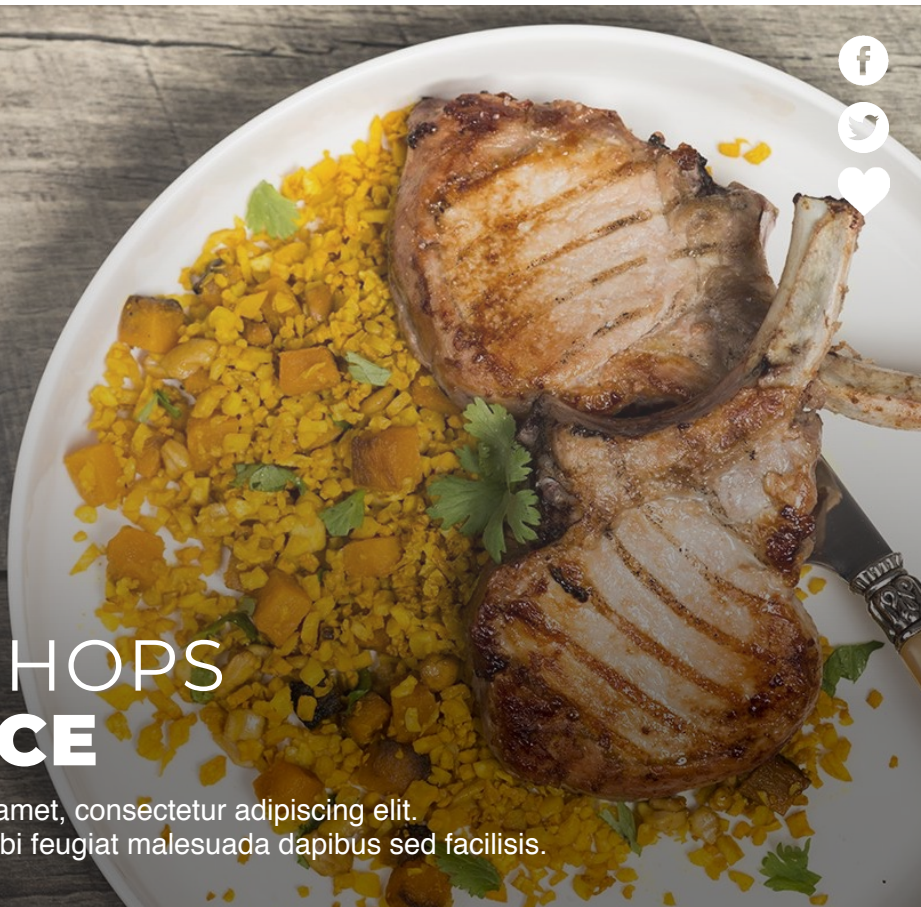


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