

Your *Lindo's* Shopping List



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|-----------------------------|--------------------------|
| All-purpose flour | 8 Medium Apples |
| Sugar | Ground Nutmeg |
| Salt | Ground Cinnamon |
| Butter | Aluminium Foil |
| Margarine | Whipped Topping |
| Vegetable Shortening | Vanilla Ice Cream |

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RECIPE FROM
CHEF LIVIO FERIGO

**Yummy
Recipes
for Bermuda**

Courtesy **This Week in Bermuda**



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