Paleo Diet Chocolate Recipes

Pete Evans

Paleo Desserts For Dummies Adriana Harlan.2015-05-28 More than 125 simple and sweet recipes for Paleofriendlydesserts Following a Paleo Diet doesn't mean you have to give up yourfavorite desserts and treats. Paleo Desserts For Dummiesoffers up more than 125 tasty and delectable dessert recipes thatyou can enjoy while staying true to the Paleo lifestyle. Fromchocolate cake and blueberry muffins to maple-walnut ice cream and cookie dough Oreo cookies-there's something to please everypalate in this collection of Paleo-friendly desserts. The Paleo diet is one of the hottest diet and healthyeatingapproaches around, as more and more people discover an appealingand sustainable alternative to the restrictive diets that can leadto burnout and failed weight loss efforts. Using natural foods toachieve great health and a perfect physique, the Paleo diet canlower the risk of cardiovascular disease, blood pressure, andmarkers of inflammation, as well as help promote weight loss andoptimal health. Plus, it has become a lifesaver for the millions of Americans with celiac disease who benefit from eating natural and gluten-free foods. Provides recipes that are all made with nourishing, whole foodswith no added refined sugars, gluten, grains, or soy Includes Paleo recipes for holiday treats, like chocolatepumpkin pie, Halloween ghost truffles, and a fudgy peppermintbark Gives you access to a handful of additional Paleo dessertrecipes on dummies.com Helps you discover the healthy alternatives to sugar and chemical-laden junk food With the satisfying recipes in Paleo Desserts ForDummies, you'll soon discover how sweet it is to give in toprimal cravings!

Paleo Chocolate Bobby Flatt,2015-04-18 This Paleo chocolate cookbook features 30 indulging chocolate recipes which are absolutely gluten-free and dairy-free. This cook has been designed keeping in view the priorities of a paleo diet follower. Each and every ingredient contained within these recipes is organic. Now you can easily prepare chocolate at your home with easy paleo chocolate recipes in very little time. The best part is that you get to enjoy this homemade chocolate without the guilt you'd feel if getting it from the store. Homemade Paleo chocolate is far healthier for you than alternatives bought at the store. Some of the recipes featured in this cookbook will help you make: Ferrero Rocher, Twix bars, coconut mound bark, almond butter balls, heart-shaped chocolate bites and dark chocolate. So without waiting any more, let's be on our way to indulging in sweet, delicious and Paleo Chocolate!

Paleo Desserts Jane Barthelemy,2012-11-13 Now you can have your cake and be paleo, too! The Paleolithic diet and lifestyle -- based on eating hunter/gatherer foods for optimal health -- has surged in popularity, but with grains, dairy, and refined sugars off the menu, indulging isn't easy. Paleo Desserts is the first comprehensive cookbook of its kind: everyone's favorite desserts now made Paleo friendly, lower carb, and gluten free. Providing 125 mouthwatering, easy-to-follow recipes from brownies to milkshakes, Jane Barthelemy serves up treats to satiate even the biggest caveman sweet tooth. Recipes include Raspberry Crumble Bars, Tiramisu, Black Forest Cherry Pie, Lemon-Berry Parfait, Pumpkin Cheesecake, Whipped Coconut Crè, and more. Paleo Desserts includes a color-photo insert and ingredient lists for simplified shopping.

How To Prepare Chocolate At Home With Easy Paleo Chocolate Recipes Genie Aparicio,2021-11-03 This Paleo chocolate cookbook will give you 30 indulging chocolate recipes which are absolutely gluten-free and dairy-free. This book has been designed keeping in view the priorities of a paleo diet follower. Each and every ingredient contained within these recipes are organic. Now you can easily prepare chocolate at your home with easy paleo chocolate recipes in very little time. The best part is that you get to enjoy this homemade chocolate without the guilt you'd feel if getting it from the store. Homemade Paleo chocolate is far healthier for you than alternatives bought at the store.

Low Carb, Healthy Fat Pete Evans, 2017-09-26 From award-winning Australian chef and restaurateur Pete Evans, author of Family Food and Healthy Every Day with new book Eat Your Greens out soon. In Low Carb, Healthy Fat, Pete Evans covers the why and how of adopting low carb lifestyle, which has been scientifically proven to be the simplest and most effective means to achieve and maintain a healthy weight. By reducing sugar- and starch-based carbohydrates in our meals and instead combining inseason vegetables with a moderate amount of high-guality protein, enough healthy fat to satiate and some fermented foods, we can guickly and easily unlock our body's natural potential for fast, healthy weight loss, improve our mood and energy levels and support better brain function. The science behind the low carb lifestyle is clearly explained, with nutritional and lifestyle advice on which foods to embrace and avoid, simple meal plans to get you going and, of course, more than 100 delicious, nutrient-dense recipes to make eating well that much easier and more enjoyable. Everything from the ingredients in these dishes, to the way they are cooked and served, is about creating better health and wellbeing for you and your family for the rest of your lives. Now it's time to get into the kitchen and start cooking! This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

500 Paleo Recipes Dana Carpender,2012-12-01 At last, here is a comprehensive cookbook to the hottest eating

plan around! The Paleo diet—known in some circles as the "Caveman Diet"—is an eating plan based on evolutionary biology and backed up by medical research. The Paleo diet is based on what our ancestors ate: meats and fish, nuts and seeds, and naturally grown fruits and vegetables. In her bestselling 500 Paleo Recipes, low-carb queen and author Dana Carpender shows how to stay the Paleo diet course deliciously with 500 easy-to-prepare recipes for everything Paleo from appetizers, to main dishes, to desserts. This group of recipes for desserts comes from that book and includes: Chocolate Pudding Honey-Rum Grilled Pineapples Maple-Cinnamon Baked Pears Barely There Meringues Gingerbread Brownies Paleo Energy Bars Eric's Birthday Cookie Pie Instant Strawberry Ice Cream Dark Chocolate Frozen Custard

25 Scrumptious Paleo Chocolate Recipes Gordon Rock, 2014-12-11 Are you a devoted Paleo follower who loves chocolate? Do you love chocolate but not all the unhealthy ingredients added? Would you love to indulge in healthy tasty Paleo chocolate recipes that you can easily prepare? Then this book is the book that you are looking for. Tasty chocolate delights without the extra sugar or additives. 25 Scrumptious Paleo Chocolate Recipes is simply a superb book for anyone that is interested in cooking Paleo chocolate dishes. Paleo followers love chocolate just as much as anyone else and if you are one of those Paleo followers that wants sweet healthy treats then you must have this Paleo Chocolate cookbook. Maybe you are thinking that cooking Paleo chocolate dishes are hard to prepare. I mean how could you possibly make healthy chocolate? How does one make Paleo chocolate easilyhmmm? Well, see for yourself with your copy of this cookbook; you have no need to worry. 25 Scrumptious Paleo Chocolate Recipes is filled with a variety of dishes

that can be made in less than 30 minutes and many that require very few ingredients. Imagine how elated you will be as you create your scrumptious Paleo Chocolate Recipes. Oh how happy your mouth and tummy will be for the gifts of sweet yet healthy goodness. What are you waiting on? Grab your apron and your Paleo Chocolate Cookbook and get ready to make some of the tastiest treats ever.

The Paleo Kid's Chocolate Kate Evans Scott.2014-04 ATTENTION PALEO DESSERT LOVERS:: The Search is Over! Finally a Recipe Book with Real Chocolate Lover Recipes for Real People - Kids Included! An Allergy-free, Whole Foods Chocolate Cookbook Designed by a Mom for Health Conscious and Food Sensitive Parents and Children. Chocolate does not have to be unhealthy, nor does it have to taste bad when trying to include it in a healthy diet. This book honors the reasons why all of us have a love affair with this creamy goodness by providing 27 kid-tested recipes that the whole family will love. Each recipe is Authentically Paleo and includes step by step instructions, estimated prep times, and tips for choosing the right recipe for the right occasion. 'The Paleo Kid's Chocolate' makes indulging a healthy pastime by offering scrumptiously rich ideas that will inspire and motivate you and your kids to get creative in the kitchen. The recipes in this book are perfect for an allergy free diet. Allergy free diets have been proven to be helpful for children suffering from autism, ADHD, and asthma. This Gluten Free, Kid Friendly cookbook contains: -27 delicious recipes for frozen treats, baked goods, beverages and spreads - Step-by-step instructions on how to make decadent chocolate snacks that will have your family coming back for more. - A brief history on the origins of chocolate and why homemade chocolate is healthy for you. - A base Paleo chocolate recipe that can be used in a variety of applications. - Recipes that are rich, delicious and

completely free from common allergens such as gluten, dairy, grains, preservatives, dyes, soy and processed sugar. Some of the delicious Paleo Desserts included are: -Chocolate Chip Cheesecake Squares - Chocolate Chunk Sheet Cake - NOreo Cream Cookies - Chocolate Buttercream Frosting - Blender Hot Mocha Latteand more! Can't wait to dig in?.... Scroll to the top of the page to grab your copy now and make dessert time a decadent experience for the whole family! About The Author Kate Evans Scott is a stay at home mum to a preschooler and a toddler. In her former life she worked in Graphic Design and Publishing, which she now draws from to create inspiring books for young children and their parents. Her passion for writing began with her preschooler who is an encyclopedia of all things animal, vegetable and mineral. With a deep inspiration to create books that satisfied his desire to learn, and his love of food. Kids Love Press was born.

Paleo Baking at Home Michele Rosen, 2020-03-10 Incredible Paleo Baked Goods for Every Craving Paleo bakers rejoice! Michele Rosen, founder of the cooking blog Paleo Running Momma, has created 60 spot-on Paleo versions of all the cakes, cookies, brownies, muffins, pies and breads you love. With these genius gluten- and processed sugar-free recipes, you can indulge in all of your go-to treats without the guilt-whether you're Paleo or simply trying to eat cleaner meals. This collection of tested and perfected recipes includes showstopping treats for birthdays and events, as well as simple sweets for every day. And with every recipe using natural ingredients and whole foods, not only is everything healthier, but it's tastier too! Indulge in outrageous sweets, like Pumpkin Spice Cupcakes with Maple Cinnamon Frosting, Double Chocolate Cherry Cookies, Apple Cinnamon Bread with Walnut Streusel, Salted Caramel Cookie Crumble Bars, Blueberry

Scones and so much more. Michele also includes savory treats, like Classic Chewy Homemade Bagels and Authentic Soft Pretzels. Rediscover all your favorites, with this brilliant book of healthy, yummy and foolproof Paleo baking recipes!

Paleo Chocolate Lovers Cookbook Kelly V Brozyna, 2013-10-01 Deliciously satisfying and visually stimulating, The Paleo Chocolate Lovers' Cookbook will free you from ever feeling restricted by the Paleo lifestyle. This book features 80 gluten-, grain-, and dairy-free treats for the health-conscious chocolate lover. Known to botanists as Theobroma cacao (food of the gods), cacao isn't just a flavor, it's an experience. It's no wonder that millions of people turn to chocolate for comfort and pleasure. Kelly Brozyna welcomes this heavenly treat into the Paleo diet with this innovative collection of recipes. Choosing organic and ethically-sourced chocolate is equally as important as selecting sustainable meat. Addressing chocolate farming and production, Kelly and her husband present everyone's favorite indulgence in a global context. The book concludes with a special bonus chapter—10 savory recipes that incorporate chocolate. While mole is well-known for its delightful use of chocolate, other dishes such as Spicy Massaman Curry, Tomato & Cherry Chicken Cutlets, and Chili with Roasted Butternut Squash are equally complemented by chocolate. Enjoy these recipes from breakfast to dinner, and especially for dessert.

Paleo Diet Indulgence: Paleo Sweets & Treats: Quick Paleo Snack Recipes & Paleo vegan Dessert Recipes Made With No Grain - Scrumptious Dairy Free Chocolate Paleo Diet Recipes & More! - 2 In 1 Box Set Juliana Baldec,2014-06-11 Red Hot New Paleo Diet Indulgence: Paleo Sweets & Treats: Quick Paleo Snack Recipes & Paleo vegan Dessert Recipes Made With No Grain - Scrumptious Dairy Free Chocolate Paleo Diet Recipes & More! Release! Spend a little time with this amazing compilation of 3 books that includes a collection of Juliana Baldec's & Ginger Wood's healthy and scrumptious paleo indulgences dessert recipes. This Paleo diet recipe book 2 In 1 Box Set Compilation includes 2 books: Book 1: Paleo Desserts: 33 Scrumptious Valentines Day Recipes With Grain Free Baking: Paleo Holiday Recipes: Paleo Gluten Free & Grain Free Muffin Recipes Book 2: Book 3: Smoothies Are Like You You will love discovering some new paleo dessert recipes that you might add to your Paleo lifestyle or Paleo Diet. Consider these healthy & scrumptious No Grain & Wheat Free, Dairy Free & Gluten Free Recipes & Dairy Free Chocolate & Dessert Paleo Diet Recipes to spice up any boring diet habits and to finally get the results you want. If you love eating primal you will love this compilation to complete your Paleo recipe collection. Forget the old concept because there is no need to waist your time in the kitchen with old school recipes that take too long to make. There is every reason to make paleo recipes the new and 5 minute quick way so that you will gain more time out of your day and your life! Learn the new way of adding paleo recipes to your Paleo Diet and/or Paleo lifestyle today if you want to achieve your dream weight and a balanced lifestyle that you have always dreamed of. Empower yourself via healthy and pound dropping recipes and live a healthier, leaner and cleaner lifestyle. This compilation will give you some amazing insights into the wonderful paleo world & how you can connect your Paleo diet goals with the Paleo lifestyle in order to achieve your dream figure and a happier and healthier you without being hungry all the time...

Paleo Cookies Emily Simmons,2018-11-26 Our ancestors were not dessert people and didn't even know about these sweet treats, and thus you may be wondering whether a Paleo diet is the right choice for you. Don't worry, because there are a lot of ingredients in a Paleo diet to satisfy your sweet tooth cravings. These desserts are so satisfying and simple to make, and you will find a number of recipes that are replete with ingredients like dark chocolate, cacao, blueberries, lemon, maple syrup, bacon etc. The best part about these desserts is that they are made from natural ingredients. So they are healthy as well as tasty. Train yourself to make some new Paleo desserts, and don't revert to your old desserts that only add to your health problems. A Paleo diet gives you a better physique, helps you avoid mood swings, and keeps you healthy and happy. Even if you do give into the temptation to eat unhealthy food like pizzas and burgers, you should substitute the normal ingredients with Paleo ones so that you are not doing your body any harm. This eBook has a number of gluten-free Paleo dessert recipes for you from Paleo brownies to bacon maple chocolate cookies and chocolate cranberry cookies and many more. Delve into this delicious yet healthy Paleo dessert book to enjoy some lip smacking treats!

Paleo Sweets and Treats Heather

Connell,2013-09-01 Learn how to make the treats your sweet tooth will love while staying on the healthy Paleo path with 85 easy-to-follow recipes including the most delicious, fresh, and plentiful ingredients from every season! You've embraced the Paleo diet and have vowed to eat the hunter-gatherer way. As a modern dessert lover, what do you do now that traditional baking ingredients such as flours, grains, dairy, and sugar are off the table? Never fear—you can have your cake and your Paleo lifestyle, too! Written by passionate home chef Heather Connell, Paleo Sweets and Treats teaches you how to bake delicious treats using fresh, seasonal produce, natural sweeteners, and nutritionally dense, grain-free flours. With recipes like Lemon-Coconut Tarts and Strawberry Shortcake Cupcakes during the spring season, and Pumpkin Pecan Pie Bars and Apple Spiced Cupcakes with "Caramel" Frosting during autumn's harvest, you'll fall in love with recipes you can make again and again. Also delight in: Dark Chocolate Pot de Crème with Roasted Cherries Sweet Potato Tarts Orange Pomegranate Cupcakes Mango-Coconut Sherbet Carrot-Apple Whoopie Pies Including a section on how to stock your pantry to get the most out of your ingredients, Connell thoughtfully guides you in this leap from traditional baking to paleo baking—all with the goal of a healthy, delicious life for you and your loved ones. This collection of easy-tomake, seasonally-focused recipes gives you the best paleofriendly options for any dessert craving.

Paleo Chocolate Cookbook Iris Privott,2021-11-03 This Paleo chocolate cookbook will give you 30 indulging chocolate recipes which are absolutely gluten-free and dairy-free. This book has been designed keeping in view the priorities of a paleo diet follower. Each and every ingredient contained within these recipes are organic. Now you can easily prepare chocolate at your home with easy paleo chocolate recipes in very little time. The best part is that you get to enjoy this homemade chocolate without the guilt you'd feel if getting it from the store. Homemade Paleo chocolate is far healthier for you than alternatives bought at the store.

Good Morning Paleo Jane Barthelemy,2014-06-03 100-125 recipes for delectable Paleo recipes to start your day from the author of Paleo Desserts, Jane Barthelemy.

Eat Sweet Paleo Paul Wilson,2016-03-29 SAVE UP TO 90% RIGHT NOW! Get this Amazing #1 Amazon Best-Seller -Great Deal! Is There Some Magic Way To Lose Weight Fast While Eating Desserts? Absolutely! Try Our Paleo Diet Desserts & Get ALL the amazing ideas & recipes today and create the healthy paleo diet food. Eric Shaffer, Blogger, Food EnthusiastHealthy way to please a sweet tooth!! Here's the real kicker The Eat Sweet Paleo is a #1 Most Exclusive Recipe Book Ever. Unlike other cookbooks, quidance and recipes, the Eat Sweet Paleo has been created to focus on Easy Paleo Dessert Recipes and The Most Explosive Flavours. You'll Never Guess What Makes These Recipes So Unique! After reading this book, you will be able to: Combine Unusual Flavours Try Unique Recipes CheckHelpful Photographs And Tables Get Equally Delicious Results Find Ideal Recipes For Beginners Get ingredients For The Perfect Paleo Dessert These recipes are fantastic for satisfying all your family members! crowd-pleasing mouthwatering low carb budget-friendly high in protein fat burning Now, you're probably wondering... Why you need this book? These recipes will give you: Good time with family & friends More flavor, smell, and, yes, the compliments. Opportunity to lose weight Dessert secrets Lean body and unique taste Whether you're looking for a beginner's guide, seeking some dinner ideas, or just trying to get some paleo diet recipes you'll be inspired to start your weight loss journey! Umm, what now? Here's Some Paleo Diet Desserts To Try! Blueberry Espresso Brownies Double Almond Chocolate Chips Cookies Raw Brownie Bites Apple, Almond and Blackberry Moist Skillet Cake Frozen Hot Chocolate Baked Almond Butter Banana Chocolate Coated Strawberries Fudgy Pumpkin Brownies Use these recipes, and start to lose weight today! Impress your family with these easy to make & healthy dessert recipes! Scroll up to the top of the page & Get once in a lifetime opportunity to try these incredible paleo diet dessert recipes

Paleo Recipes: 45 Delicious Recipes For Paleo Autoimmune Living Ginger Wood,2014-04-04 Book 1: The Paleo diet is one of the most unquestionably interesting diet concepts that have racked up the points in the last few decades. The healthy desserts & gluten-free paleo baking book compilation will tell you why Paleo is the craze now and why you should be enjoying the Paleo lifestyle, too! This grain free Paleo vegan sweets book compilation for the Holidays like Valentines but also for everyday will also tell you ways in which the Paleo diet will change your lifestyle for the better and turn guilt into guilt free pleasures with and witout your lover! This Paleo cupcake and frosting recipes book collection will also tell you what ingredients to have in your kitchen as a staple for paleo dessert pleasures during the Holidays This healthy baking book recipe compilation will give you the most scrumptious Paleo desserts (Paleo Gluten Free & Grain Free Muffin Recipes, Paleo Cupcake And Frosting Recipes, Paleo Vegan Sweets & Paleo Smoothies with and without chocolate) that you probably desire right now! Inside this scrumptious Paleo recipes book collection you will learn how to make these easy Paleo desserts in a guick & no fail fashion and even if you are a busy person who works a lot. Based on the knowledge of this paleo dessert book compilation you will be empowered & enabled to discover and explore more and more Paleo dessert applications by yourself and this is where the fun begins! Inside you'll find: * Paleo Marzipan & Berry Muffins With Coconut Whipped Cream * Flourless Paleo Chocolate Muffins With Coconut Whipped Cream * Sweat Paleo Caramel Apple Muffins * Paleo Mug Cakes With Hot Fudge Sauce (Easy Done In 3 Minutes) * Paleo Pineapple, Ginger & Passionfruit Cupcakes For Lovers * Paleo Pink Champagne Cupcakes * Gooey Paleo Ferrero Mousse * Decadent Dairy Free Coco Choco Whipped Cream * White Chocolate Macadamia Nut Paleo Smoothie and more holiday pleasures... Book 2: Paleo Is Like You is an extremely fun, guick & easy to read book...

Ultimate Paleo Desserts Janet Dukes, 2018-11-21 As you most LIKELY KNOW, most TRADITIONAL DESSERTS are jam PACKED WITH SUGAR and a ton of other NON-PALEO-FRIENDLY INGREDIENTS, so generally this means they are off limits. However, that doesn't mean it's impossible to TREAT YOURSELF on the PALEO DIET, in fact, it's quite POSSIBLE and DELICIOUS at the same time. We've brought you some of our favorite PALEO DESSERTS RECIPES for your SWEET TOOTH. In This Book ULTIMATE PALEO DESSERTS you will get EASY TO MAKE 60 DELICIOUS & HEALTHY **RECIPES that satisfy your SWEET CRAVING. PALEO** INGREDIENTS like ALMONDS and ALMOND FLOUR, COCONUT and COCONUT PRODUCTS like COCONUT FLOUR. COCONUT OIL and COCONUT MILK can MIMIC the GLUTEN-CONTAINING FLOURS and DAIRY PRODUCTS lots of DESSERTS are made from. Plus. some of NATURE'S most DELICIOUS SUBSTANCES are good-to-go when we find them in the grocery store, like VANILLA, COCOA POWDER, and HONEY. Making these NATURAL FOODS work for us can allow huge SWEET-TOOTH SATISFACTION. Have FUN, and ENIOY being a little indulgent.

Bakerita Rachel Conners,2020 For Connors, baking has always been a source of joy. When her sister contracted Lyme disease and decided to cut gluten, dairy, and refined sugars from her diet, Connors stepped up to the challenge of using alternate ingredients to re-create her sister's favorites without sacrificing flavor. All of the recipes use simple, easy-to-source ingredients. -- adapted from inside front cover

Coconuts & Kettlebells Noelle Tarr, Stefani Ruper, 2018-08-07 Achieve lasting health—without cutting calories or following dieting "rules"! Instead of obsessing about the quantity of food you eat, shift your focus to the quality, say Noelle Tarr and Stefani Ruper. The popular hosts of the Well-Fed Women podcast want you to make sure you're getting enough food so that your body has the fuel and nourishment it needs to support a healthy, long, and energetic life. Noelle and Stefani know firsthand about the ups and downs of dieting. Like many people, they have struggled with confusing and frustrating health issues such as anxiety, infertility, and hormonal imbalance-but when they discovered that the secret to improving wellness was actually more food, they ditched the calorie counters and gave their bodies the nourishment they needed to heal. In the Coconuts and Kettlebells program, you'll eat at least 2,000 calories a day—setting a minimum intake of fat, protein, and carbohydrates to ensure that your diet is full of nutrients. Noelle and Stefani identify the Big Four foods that cause the most health problems—grains, dairy, vegetable oils, and refined sugar. While many diets require you to eliminate these foods entirely, Coconuts and Kettlebells provides an easy-to-follow step-by-step system to test these foods and determine which you need to cut back on to feel better—and which you can eat without restrictions. To help you discover how your body responds to the Big Four, you'll choose from two simple 4-week meal plans: one for Butter Lovers, people who tend to feel more satisfied eating higher ratios of fats, and one for Bread Lovers, people who tend to feel more satisfied eating higher ratios of carbs. Each meal plan comes with weekly shopping lists and instructions on how to batch cook, meal prep, and stock the pantry. In addition, you get more than 75 simple and delicious real food recipes, including: • Kale and Bacon Breakfast Skillet • Raspberry-Coconut Smoothie Bowl • Thai Coconut Curry Shrimp • Apple-Chicken Skillet • Moroccan Lamb Meatballs • Grilled Balsamic Flank Steak • Chocolate-Cherry Energy Bites • Lemon-Raspberry Mini Cheesecakes To go along with the meal plans, you'll find three 4-week fitness plans

tailored to beginner, intermediate, and advanced experience levels. Best of all, the workouts can be done anywhere—at your home or on the road—and take no more than 30 minutes each. A comprehensive whole-body program, Coconuts and Kettlebells provides the knowledge and tools you need to be healthy inside and out.

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