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How Can You Go Wrong With Superfoods-Only Diet?

FACT:Way too many of us live in a state of poor

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blood pressure, high cholesterol, diabetes, skin

problems, insomnia and cancer -...

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The term dump recipes refers to recipes that you will literally dump all of the ingredients in a bag, baking pan, or slow cooker and then cook as directed. These recipes are perfect for busy parents, because you can make them before work and then come home and have dinner already prepared.

~~40 Dump Recipes for the Slow Cooker that are
actually Amazing~~

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Some amazingly fresh mushrooms I found at our local farmers market inspired this recipe. When you start with the best ingredients, you can't go wrong. —Jenn Tidwell, Fair Oaks, California

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~~36 Delicious Dump and Go Recipes — Taste of Home~~

This recipe came about because I didn't have pepperoncini for my usual Italian pork recipe so I used pickles instead. It reminded me so much of a Cuban sandwich that I added the ham and Swiss cheese to complete the dish. Instead of adding cheese to the slow cooker, you can also build the sandwiches and top with sliced cheese.

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~~60 Dump Dinners for Your Slow Cooker I Taste of Home~~

Get on board the dump dinner train with easy crock pot recipes that require little preparation and cook all by themselves with no stirring or fussing. Simply add the ingredients in the morning and go about your day. These foolproof recipes are so easy, even novice cooks can make them.

~~20 Dump Dinners to Make In Your Slow Cooker~~

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Well, dump dinners are one of the easiest (and most effective) weeknight meal strategies you can deploy. Basically, these are recipes that involve gathering up a handful of ingredients, dumping them into a single cooking vessel—a slow cooker, casserole dish, sheet pan, or Dutch oven—and walking away until it's time to eat.

~~20 Effortlessly Delicious Dump Dinners | MyRecipes~~
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Get the Recipe: Sausage and Rigatoni Dump Dinner
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Dump Cake From a Mix Recipes These cake recipes
are as simple as dumping all the ingredients together,
and baking. It's that easy! ... This 4th of July, serve a

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festive 5-ingredient dump cake and let your guests enjoy a moist and colorful dessert with a "berry" fruity filling! By sbennett05;

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~~Dump Cake From a Mix Recipes - Allrecipes.com~~

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