

***small faces***



# Small Faces

**Arturo Cuomo**



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web oct 30 2023 two handfuls of blueberries or raspberries one heaped tablespoon of dried fruit such as sultanas currants

or raisins three heaped tablespoons of vegetables such as sweetcorn or peas three heaped tablespoons of any pulse beans  
peas or lentils one cereal bowl of raw leafy greens such as lettuce watercress or spinach

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