

Autoimmune Paleo Cookbook The Complete Paleo Food List 30 Easy And Quick Autoimmune Paleo Recipes

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Cookbook The Whole30® Program

February 12th, 2019 - Time 1 hour Serves 4 Ingredients 5 medium carrots cut into 1 inch pieces 3 medium beets peeled and cut into 1 inch pieces 3 medium parsnips cut into 1 inch pieces 1 small rutabaga peeled and cut into 1 inch pieces 3 tablespoons solid cooking fat melted sea salt to taste 1 Preheat oven to 400 degrees

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