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# Natural Born Feeder

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## **Natural Born Feeder**

About I began Natural Born Feeder in 2013 to document my love of cooking and to share my recipes. My approach to cooking is simple: use whole foods to live a whole life. Having developed a negative relationship with food that led me to make unhealthy choices, I changed my lifestyle by

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rediscovering my love  
of cooking.

### **Natural Born Feeder**

Natural Born Feeder is  
an unreservedly  
recommended addition  
to personal, family, and  
community library  
cookbook collections. --  
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### **Natural Born Feeder: Whole Foods, Whole Life: Roz Purcell ...**

Written in a  
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wonderfully accessible way, Natural Born Feeder features over 170 easy-to-follow, delicious recipes. So get inspired, get into the kitchen and get cooking! Roz Purcell began blogging at [naturalbornfeeder.com](http://naturalbornfeeder.com) in 2013 to document her love of cooking and to share her recipes.

**Amazon.com:**

**Natural Born Feeder:**

**Whole Foods Whole**

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**Life ...**

Ingredients 100g Oats  
- can be jumbo or  
regular oats 120g  
wholemeal spelt flour -  
whiter spelt works too  
but I prefer wholemeal  
80ml boiling water 1  
chai tea bag - chai tea  
available in all  
supermarkets and  
most regular stores 9  
medjool dates pitted -  
make sure you use  
medjool available in  
Dunnes, ...

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## **Natural Born Feeder**

Roz Purcell is a bestselling cookery author and entrepreneur. Roz has successfully launched a stellar media career which includes a winning role on Come Dine with Me Ireland, a guest chef appearance on TV3's the Restaurant, and a stint as a Celebrity Bainisteor on RTE. Her passion for healthy food and lifestyle has

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earned her thousands of followers on social media in recent years.

### **Natural Born Feeder**

Natural Born Feeder

Live cook alongs Friday

7 pm Roz Purcell a.k.a

NBF ☐☐ 3 x Cookbooks &

No.1 Best seller☐☐ Tasty

Easy Veggie food &

inspiration ☐☐

### **Natural Born Feeder**

**(@naturalbornfeeder**

**) • Instagram ...**

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**Search: protein balls**

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**Feeder**  
Natural Born Feeder,  
Dublin, Ireland. 40K  
likes. My approach to  
cooking is simple: use  
whole foods to live a  
whole life. Check out  
my website [www.naturalbornfeeder.com](http://www.naturalbornfeeder.com)  
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wonderfully accessible  
way, Natural Born  
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Feeder features over 170 easy-to-follow, delicious recipes. Try Spiced Apple Pancakes for a special breakfast or Serene Green Soup for a nutritious and filling lunch.

**Natural Born Feeder:  
Whole Foods, Whole  
Life by Roz ...**

697 Likes, 21

Comments - Natural  
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(@naturalbornfeeder)  
on Instagram:

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“CREAMY TOMATO PASTA ☺☺ These times call for some delicious comfort food and what is better than...”

**Natural Born Feeder on Instagram:**

**“CREAMY TOMATO PASTA ...**

Natural Born Feeder shared a post on Instagram: “☺☺ Creamy pasta in minutes ☺☺ Frozen peas for the win to make this creamy green pasta sauce with

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a...” • Follow their account to see 1,822 posts.

**Natural Born Feeder on Instagram:**

“☑☑ Creamy pasta in

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YouTube**

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