

Kashi

7 Whole  
Grain Pilaf

# Kashi



## 7 Whole Grain Pilaf

Whole Grain & Sesame



**6g**  
Protein

**5g**  
Fiber

**100%**  
Whole Grain

3-8.5 OZ (184g) PACKETS

NET WT 19.5 OZ (1 LB 3.5 OZ) (553g)

# Kashi 7 Whole Grain Pilaf Recipe

**Christian G. Meyer**



## **Kashi 7 Whole Grain Pilaf Recipe:**

Ignite the flame of optimism with is motivational masterpiece, **Kashi 7 Whole Grain Pilaf Recipe** . In a downloadable PDF format ( Download in PDF: \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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