

Ital Food: Eating Rastafarian Style By Annemarie Troeder

By Annemarie Troeder

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.nl/p/38035/Amsterdam/sanneback/ 2010-05-21 daily 1.0 Annemarie -Breukels-traiteur/ Ital-food

Rasta Cookbook: Vegetarian Cuisine Eaten with of Ital foods. The book emphasizes 'the core philisophy on which the Rastafari base their eating habits

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Troeder, Annemarie. Ital Food: Eating Rastafarian Style. LMH Publishing, Limited, 2014. Print. Perkins, Anna Kasafi, Donald Chambers, and Jacqueline Porter.

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the expression of Ital eating varies widely from Rasta to interpretations of ital regarding specific foods, also avoid eating shellfish

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