



Veggie Burger Patties Recipe

Adams Media



Veggie Burger Patties Recipe:

Veggie Burger Atelier Nina Olsson, 2018-02-13 The veggie burger of the future is here Nourish Atelier's Nina Olsson is here to disrupt your assumptions of what a burger can be Veggie Burger Atelier is your one stop guide to making the most flavorful beautiful and delicious meat free burgers you've ever experienced Olsson shares her secret to the anatomy of the perfect veggie burger with considerations to texture flavor firmness and juiciness You will also learn substitutions that will let you veganize your burgers or make them gluten free Veggie burgers have never been like this before These veggie burgers are presented in incredible full color photography and with step by step instructions *Veggie Burgers: 150 Delicious Vegan Burger Recipes* Julian Holden, 2016-06-24 Craving a Mouth Watering Veggie Burger A Burger That is Good for YOU The Planet and YOUR Taste buds CLICK ON the Book's cover and take a browse at the table of Content of the 150 Recipes that are prepared by ME a VEGAN CHEF NUTRITIONIST with over a decade of experience in Healthy Plant Based cooking This isn't just a sales pitch this book is literally packed with over 11 YEARS of experience experimenting with different burger recipes in order to create the world's BEST VEGGIE BURGERS Save yourself the trouble of scouring the web for hours to find one descent recipe when you will get a LIFE'S WORTH of The BEST burger recipes right HERE Imagine YOURSELF serving your family and friends burgers right off the grill on a hot BEAUTIFUL summer's day The JUICY burgers will be so good you will be the hero of any barbecue or family dinner And best of all you will know in your mind that you did your body and the environment as well as animal's a service If you're ready to eat a great Veggie burger TODAY Scroll up grab this book and take the first steps to a healthier and more satisfied YOU *The Best Veggie Burgers on the Planet, revised and updated* Joni Marie Newman, 2019-07-23 Hold on to your buns the burger revolution has begun The Best Veggie Burgers on the Planet takes the popular veggie burger to the next level of flavor and fun with more than 100 daringly delicious internationally inspired vegan burgers burgers that stack up to any patty around meat full or meat free and will wow not only your vegetarian and vegan friends but all the skeptics too In this revised edition of the original you'll find more than 30 new recipes featuring healthier options fewer processed ingredients and more whole food plant strong ingredients like jackfruit and aquafaba plus icons for no added oil salt sugar and even more gluten free recipes You'll also find budget friendly tips and tricks a fast food favorites section that recreates iconic favorites from popular chains updated techniques and alternative cooking methods to include the slow cooker and air fryer All of the recipes you'll find inside have been expertly designed to suit your every craving and desire and include such favorites as Denver Omelet Breakfast Burger BLT with Avocado Burger Pulled Pork Sliders Inside Out Sushi Burger Super Quinoa Burger Sesame Bean Banh Mi Burger Mac and Cheese Burger Split Pea with HAMburger Summer Squash Burger Korean BBQ Burger With The Best Veggie Burgers on the Planet you'll find more than 100 ways of looking at burgers in a whole new way Let's get this patty started **Quick and Easy Veggie Burgers** Nina Olsson, 2024-06-25 Quick and Easy Veggie Burgers features simple exciting veggie burgers perfect for

Meatless Monday or any day **Healthy Happy Vegan Kitchen** Kathy Patalsky, 2015-04-28 Over 220 recipes so delicious it's hard to believe they're actually vegan Brilliant and creative So many things I want to make Gina Homolka 1 New York Times bestselling author of The Skinnytaste Cookbook A diet free of animal products is a healthy choice and it also means living a greener life and changing the world for the better one plate at a time Kathy Patalsky creator of the popular vegan food blog Healthy Happy Life read by millions makes sure eating vegan is fun and delicious too In Healthy Happy Vegan Kitchen you'll find flavor packed recipes for Vegan Philly Cheese Sandwich Ultra Creamy Cashew Veggie Pot Pie Garden Veggie Frittata and over two hundred more Along with the inventive recipes the book also includes guides to help veganize your kitchen with helpful ingredient and equipment information cooking techniques for vegan staples nutrition information and wellness tips making it the perfect book for both long time vegans and newcomers alike **The Effective Vegan Diet: 50 High Protein Recipes for a Healthier Lifestyle** Chef Effect, 2017-11-24 How The Effective Vegan Diet Will Lead You Toward a Healthier Lifestyle Unfortunately these days many people follow unhealthy diets and as a result some end up dealing with obesity diabetes heart disease osteoporosis you will learn about it in the book and even cancer in some cases Many people underestimate the importance of their diet and its effects on their lives Exercising regularly is crucial for a healthy mind and body but exercising alone is not enough It should be combined with a healthy diet and that is the ultimate recipe for a healthy lifestyle Vegan Diet has been very popular among many people however there are still some misconceptions about veganism among many others For example some people still believe that Vegan Diet is not safe because it does not fulfill calcium iron and protein requirements of your body Wrong For instance compare beef and spinach While the protein content of beef is about 26% spinach will give you 49% of protein The benefits of the Vegan Diet are limitless as long as you follow a specific daily plan and absorb all necessary nutrients your body needs Protein consumption is the main concern of many who want to switch to the Vegan Diet For that reason in this book we have provided all necessary and fundamental facts that you need to know about the Vegan Diet in general and more specifically about protein consumption Remember that although your protein intake is very essential a healthy diet must be focused on consuming various nutrients throughout the day In summary you will learn about Overall Tips and Ideas about the Vegan Diet Nutritional Benefits of the Vegan Diet Beauty and Overall Health Benefits 6 Health Issues Linked with Meat Consumption 4 Common Myths Surrounding Veganism How to Stock your Vegan Pantry and so on But that's not all We have also included 50 delicious High Protein Vegan Recipes with very easy instructions that you can follow word by word Some of these awesome recipes are Protein Rich Vegan Omelet Tofu Quiche High Protein Buckwheat Parfait Vegan Chocolate Protein Shake Power Packed Granola Protein Rich Bean and Pasta Soup Moroccan Chickpea Salad High Protein Bean Burrito High Protein Vegan Pizza Spicy Peanut Soybean Noodles Fudge Brownies Vegan High Protein Ice Cream Matcha Chia Pudding and so on Get your copy of The Effective Vegan Diet today to learn about the tremendous benefits of the Vegan Diet Find out

how to lose weight become more energetic and start a healthier lifestyle Chef Effect is committed to make a positive change in your lives Enjoy **Start with a Vegetable** Jessica Smith,2025-01-28 Make vegetables the star of your kitchen with this time saving flexitarian approach to healthier home cooking that will satisfy everyone around your table Get more plants into your diet with minimal fuss and delicious results Plan your next meal around favorites such as carrots cauliflower or sweet potatoes or try your hand at the underused asparagus Brussels sprouts or kale turning them into more than just side dishes Transform corn into Elote Grilled Cheeses spinach into Pesto Pasta cucumbers into No Roll Sushi Bowls and tomatoes into Farro Caprese and even add more veggies to pizza night Recipes appear by cook and prep times so you can whip up something fast or enjoy more hands on dishes for every kind of eater omnivores vegetarians and vegans This must have cookbook provides all the expert guidance and practical tools that you need to make plant powered cooking a reality checklists tips variations meal plans and versatile flowcharts to help you decide what to make for dinner All you have to do is start with a vegetable **Veggie Power Burgers** Cathy Gallagher,Barbara Schugt,2013-02 Cookbook with thirty veggie burger recipes a healthy living section sauces to compliment the burgers and menus for a totally nutritionally dense meal Vegan and Gluten Free recipes are included Egg substitutes are included Sauces to compliment the burgers and provide an international flavor are included Recommendations on preventing heart disease diabetes and cancer using food are in the healthy living sections The burgers are low in calories and assist in weight loss The naturally occurring vitamins minerals and healthful phytochemicals isoflavones lignans and flavonoids will keep you younger looking and full of energy

Plant-based Burgers Jackie Kearney,2022-01-11 Vegan fast food is here to stay and never tasted so good with these stunningly inventive recipes for plant based burgers dogs subs wings and much more While traditional butchers might be disappearing from the high street there s a new breed ready to slice a different kind of meat made from plants So called vegetarian butchers are creating food that mimics meat and offering convincing substitutes that look feel and even taste like the real thing Mock meat of course is nothing new Burger patties made from soy based protein and wheat gluten have been around since the 1960s but now vegetables nuts pulses and grains are in on the act and taking vegan substitutes for all our fast food favourites to a whole new level But why buy over processed and over packaged meat free products from supermarkets when you can make healthier cheaper and equally delicious meat free fast fixes at home Prepare to be wowed by recipes for Easiest Vegan Burger Recipe Ever with Beet Ketchup Hell Yeah Chilli Dogs Baby Got No Beef Burrito KFC style Chkn Burger and even Tofish Chips Plant Based Burgers is a fantastic new edition of the previously published Vegan Mock Meat Revolution **The Complete Up-to-Date Fat Book** Karen J. Bellerson,2006-03-23 The Complete Up to Date Fat Book is the most comprehensive resource of its kind An invaluable tool for any health conscious consumer this revised edition of The Complete Up to Date Fat Book lists fat and calorie information for more than 30 000 foods including the percentage of calories derived from fat This comprehensive guide helps you make healthier meal choices by listing the fat

content of favorite foods you find at the grocery store health foods frozen entrees prepared mixes and kosher foods as well as of meals at all the most popular fast food restaurants The introduction outlines strategies for healthy eating and offers tips for cutting excess fat from your diet showing how anyone can lose weight and stay healthy with a diet low in fat *The Everything Vegan Cookbook* Jolinda Hackett, Lorena Novak Bull, 2010-08-18 Veganism is more than avoiding meat and dairy it is cooking and eating delicious healthy food while being good to the planet The Everything Vegan Cookbook is filled with recipes that both the simply curious and lifelong vegans can use over and over again **The Spiralizer Recipe Book**

Carina Wolff, 2016-06-03 Vegetable spiralizers are the latest must have kitchen gadget and with good reason They're affordable easy to use and make healthy eating fun and quick Whether you're following a Paleo gluten free raw or low carb diet you'll find unique ideas for satisfying fiber rich meals that are built around healthy vegetables and fruit Amazon.com

90-Day Vegetarian Diet - 1200 Calorie S. Vjay Gupta, Gail Johnson, 2016-03-05 This NoPaperPress Vegetarian Diet has an amazing 90 days of nutritious delicious easy to prepare meals and the guidance you need to succeed This vegetarian diet version is called Presceterian because it allows fish eggs and dairy The diet blends traditional American cooking with Asian vegetarian concepts On the 1200 Calorie edition most women lose 23 to 33 pounds Smaller women older women and less active women might lose a tad less and larger women younger women and more active women often lose much more Most men lose 35 to 45 pounds Smaller men older men and less active men might lose a bit less and larger men younger men and more active men frequently lose a great deal more You'll be surprised not only by what you can eat but also by how much you can eat Enjoy pasta French toast swordfish salads and more With nutritional know how and good planning the authors have devised daily menus that leave you satisfied and where you should not be hungry Many health care professionals think eating a healthy vegetarian diet is one of the best things you can do for your short term and long term health So lose weight the healthy way Go vegetarian CONTENTS Vegetarian Types Why You Lose Weight The Best Weight Loss Diets Why 90 Day Diet Expected Weight Loss Eat Smart Tossed Salad About Bread Substituting Foods Two Nights No Cooking Frozen Dinner Rules Eating Out Challenges 90 Day Diet Notes Keeping It Off 1200 Calorie Meal Plans Days 1 to 10 Days 11 to 20 Days 21 to 30 Days 31 to 40 Days 41 to 50 Days 51 to 60 Days 61 to 70 Days 71 to 80 Days 81 to 90 Recipes Diet Tips Day 1 Crumbly Tofu Scramble Day 2 Baked Herb Crusted Cod Day 3a French Toasted English Muffin Day 3b Polenta Stuffed Peppers Day 4 Easy Penne Pasta Day 5 Frozen Vegetarian Dinner Day 6 Grandma's Pizza Day 7 Vegetarian Dinner Out Day 8 Baked Salmon with Salsa Day 9 Veggie Burger Day 10a Wild Blueberry Pancakes Day 10b Low Cal Eggplant Parmesan Day 11 Mexican Beans and Rice Day 12 Fish Dinner Out Day 13 Pasta with Marinara Sauce Day 14a Smoothie Day 14b Frozen Fish Dinner Day 15 Spaghetti Squash Cheese Day 16 Baked Red Snapper Day 17 Vegetarian Hash Day 18 Grilled Swordfish Day 19 Pasta based Dinner Out Day 20 Beans Greens Salad Day 21 Frozen Pasta Dinner Day 22 Tomato Risotto Salad Day 23 Quick Pasta Puttanesca Day 24 Four Beans Plus Salad Day 25 Tofu with Veggies Peanuts Day 26 Grilled Scallops Polenta Day 27

Fettuccine in Summer Sauce Day 28 Frozen Tofu based Dinner Day 29 Healthy Frittata Day 30 Portobello Mushroom Burger Day 31 Baked Sea Bass Day 32 Fish with Orzo Day 33 Frozen Vegetarian Dinner Day 34 Pasta Rapini Day 35 Vegetarian Dinner Out Day 36 Grilled Tilapia Day 37 Bulgur Veggies Day 38 Risotto Primavera Day 39 Tofu Steak with Veggies Day 40 Fish Dinner Out Day 41 Pasta e Fagioli Day 42 Blueberry Muffins Day 43 Baked Haddock Day 44 Quinoa with Veggies Salad Day 45 Healthy Pasta Salad Day 46 to Day 82 intentionally left blank Day 83 Hearty Lentil Stew Day 84 Black eyed Peas over Rice Day 85 Tina s Healthy Frittata Day 86 Tuna Bean Salad Day 87 Pasta Primavera Day 88 Frozen Tofu based Dinner Day 89 Fish Stew Day 90 Crab Cakes Appendix A Vegetarian Background Nutrition Vegetarian Benefits Vegetarian Nutrition Protein Iron Vitamin B12 Fatty Acids Calcium Vitamin D Tofu Info Buying Tofu Preparing Tofu Leftover Tofu Appendix B Vegetarian Soup Appendix C Frozen Food Warning Appendix D Calories in Foods

The Spicy Plant-Based Cookbook Adams Media,2021-01-19 Take your recipes from bland to bold with these 200 easy plant based recipes that are full of flavor for every meal of the day Just because your diet is plant based doesn t mean that you have to give up on all of your favorite flavors There are so many meals bursting with spicy flavor that you can enjoy all day long The Spicy Plant Based Cookbook has 200 delicious mouth watering recipes that pack a punch with every bite and keep you feeling healthy and strong From breakfast to dinner to desserts and drinks you ll find the perfect plant based recipes that you ll love to make over and over again With recipes like jalapeno hash browns to a mango chili sorbet these spicy dishes are sure to make every spice enthusiast satisfied Complete with easy step by step instructions and plenty of preparation tips this book has everything you need to add a little extra heat to your favorite healthy plant based recipes

Compete with Meat: Vegetarian Cooking Guide to Please Everyone at the Table (Including Meat Eaters)! Mary Curtis,2007-07 Fat leads to illness but most fat reducing meals are either too expensive to buy on a regular basis or are bland to our taste buds Now there s finally a way to satisfy your taste buds and eat healthy TOO In her new book Compete With Meat vegetarian cooking expert Mary Curtis shows how to make mouth water meatless burgers ready for the summer barbecue traditional Italian lasagna and family pleasing pizza burritos chili and more Easy to prepare and money saving recipes plus Mary s guide to cooking healthier and making your own protein packed meat substitute Just like their meat counterparts the recipes in this unique collection are nutritious and delicious but will not overload you with fatty cholesterol and pound producing calories Mary has developed her own HEALTHY RECIPES to help herself and her own family eat better She has won praise for her vegetarian recipes and is now making her gourmet vegetarian recipes available to you

The Vegetable Eater Cara Mangini,2024-03-19 The IACP Award winning author of The Vegetable Butcher presents simple lessons and 100 recipes that put irresistible vegetable forward dishes in every home cook s everyday rotation The Vegetable Butcher is back With simple lessons and recipes that put irresistible vegetable forward dishes in every home cook s everyday rotation IACP Award winner and James Beard Award finalist Cara Mangini The Vegetable Butcher presents a foundational education in vegetable cooking in an eminently

approachable framework through uncomplicated lessons with seasonal riffs think a Vegetable Grain Bowl Hearty Entrée Salad or Frittata each with variations for spring summer and fall 35 essential dishes 3 seasonal variations More than 100 simple nourishing vegetable forward recipes to put on repeat [Living Vegetarian For Dummies](#) Suzanne M.

Babich,2022-11-16 Vegetarian vegan flexitarian whatever you ll love your new healthier diet Whether you re going totally meatless or just eating less meat Living Vegetarian For Dummies is your source for practical info and advice on embracing the veg head lifestyle Lose weight lower your cholesterol reduce your carbon footprint decrease your risk of heart disease and certain cancers it s all possible when you turn to plants instead of animals to fuel you We ve got pro tips on planning meals ordering at restaurants and balancing your dietary needs Plus recipes so delicious you ll wonder why you ever thought you needed meat in the first place Discover the health and environmental benefits of a vegetarian lifestyle Transition away from a meat centered diet with easy recipes and meal plans Find plant based alternatives to your favorite meat products Get tips for navigating menus while eating out and replacing meat in your daily routine Living Vegetarian For Dummies is for anyone who wants to learn more about what it means to be mostly or completely vegetarian We make it easy to transition with this fun and straightforward guide *Vegetarian Cooking For Dummies* Suzanne Havala,2011-04-27 If you thought you had to be a nutritionist to figure out a vegetarian diet it s actually a lot simpler than you think Eating vegetarian in addition to being healthy and delicious is just plain fun Discovering new and exotic vegetables like celeriac or kohlrabi will widen your palate as well as your sense of adventure in the kitchen Plus vegetarian cuisine is chockfull of dishes that are robust and flavorful and a match for any standard meat dish And most important of all eating a plateful of vegetarian lasagna or pasta primavera or any other scrumptious dish prepared vegetarian style will let you indulge without guilt With Vegetarian Cooking For Dummies you ll get the skinny on just what lacto ovo lacto and just plain vegan diets are all about and how to create nutritious meals from the rich cornucopia of whole grains legumes vegetables fruits nuts and seeds and dairy and egg substitutes that are the staple of the vegetarian menu You ll also find out How to get your full complement of protein and vitamins including calcium iron C B12 and zinc and from what often surprising food sources How to successfully convert to a vegetarian diet How to stock up a vegetarian pantry including tips on where to shop starting a kitchen garden as well as handy weekly and monthly food lists Vegetarian cooking basics including preparing ingredients cooking beans and grains handling tofu and tempeh washing and cutting fruits and vegetables Simple cooking techniques including baking boiling steaming saut ing and stewing The ins and outs of vegetarian etiquette Not only will you become fully acquainted with the new and delicious world of meat replacements like tofu tempeh seitan textured vegetable protein veggie burgers and franks and egg dairy yogurt and cheese substitutes you ll see how truly simple and enjoyable cooking vegetarian can be With over delicious 100 recipes you ll find yourself choosing among such soon to be favorites as Smoothie snacks including a Caramel Apple Smoothie and a Winter Berry Smooth Breakfast dishes including Savory Mushroom Tofu Quiche Healthy Pancakes and

French Toasties Delicious dips including Hummus Baba Ghanouj and Fresh Avocado and Lime Dip Soups for all seasons including Vegetarian Chili with Cashews and Southern Sweet Onion Soup Scrumptious salads including Festive Broccoli Salad Tofu Salad and Lentil Vinaigrette Salad Entrees for everyone including Basic Bean Burritos Spinach and Mushroom Manicotti Garden Pizza and Tempeh Sloppy Joes Full of tips on adapting traditional recipes to vegetarian style cooking plus a spicy spin on old standbys like Home Fries Vegetarian Cooking For Dummies lets you reinvent the vegetarian lifestyle to suit your needs and tastes With pages of full color photos black and white how to illustrations and humorous cartoons along the way this fun informative and upbeat guide makes every meal an exciting step in the journey toward lifelong health The Beauty Detox Power Kimberly Snyder,2015-03-31 With over 60 whole foods based recipes *Living Vegetarian For Dummies* Suzanne Havala Hobbs,2009-11-05 Practical ways to explore and adapt a vegetarian lifestyle Are you considering a vegetarian diet for yourself or your family Wondering if it s safe and how you ll get the right amount of nutrients This authoritative guide has all the answers you need about living vegetarian featuring healthful advice as well as delicious dishes involving vegetables fruits grains and dairy Inside you ll find expert advice on adopting a vegetarian lifestyle from creating a vegetarian shopping list and understanding the nutritional aspects of vegetarian eating to using the right cooking supplies to vegetarian etiquette eating out and converting a kitchen and your family s mindset away from meat You ll discover how to make it work when you re the only member of the house who is vegetarian as well as how to support a family member including a child Provides the latest information on vegetarian diets as they relate to health the environment and other areas of our lives Includes tips for gradually reducing your meat intake Explains the benefits of a vegetarian lifestyle Offers dozens of new recipes designed to ease the transition from omnivore to vegetarian Whether you re a long time vegetarian or just starting out *Living Vegetarian For Dummies* 2nd Edition is your guide to evaluating and enjoying a meat free lifestyle

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Table of Contents Veggie Burger Patties Recipe

1. Understanding the eBook Veggie Burger Patties Recipe
 - The Rise of Digital Reading Veggie Burger Patties Recipe
 - Advantages of eBooks Over Traditional Books
2. Identifying Veggie Burger Patties Recipe
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Veggie Burger Patties Recipe
 - User-Friendly Interface
4. Exploring eBook Recommendations from Veggie Burger Patties Recipe
 - Personalized Recommendations
 - Veggie Burger Patties Recipe User Reviews and Ratings
 - Veggie Burger Patties Recipe and Bestseller Lists
5. Accessing Veggie Burger Patties Recipe Free and Paid eBooks
 - Veggie Burger Patties Recipe Public Domain eBooks
 - Veggie Burger Patties Recipe eBook Subscription Services
 - Veggie Burger Patties Recipe Budget-Friendly Options

6. Navigating Veggie Burger Patties Recipe eBook Formats
 - ePub, PDF, MOBI, and More
 - Veggie Burger Patties Recipe Compatibility with Devices
 - Veggie Burger Patties Recipe Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Veggie Burger Patties Recipe
 - Highlighting and Note-Taking Veggie Burger Patties Recipe
 - Interactive Elements Veggie Burger Patties Recipe
8. Staying Engaged with Veggie Burger Patties Recipe
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Veggie Burger Patties Recipe
9. Balancing eBooks and Physical Books Veggie Burger Patties Recipe
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Veggie Burger Patties Recipe
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Veggie Burger Patties Recipe
 - Setting Reading Goals Veggie Burger Patties Recipe
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Veggie Burger Patties Recipe
 - Fact-Checking eBook Content of Veggie Burger Patties Recipe
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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strap below driveshaft. (maybe XC90 only); Remove the 6 bolts at front CV joint and rear CV joint. On earliest in this series there may be ... Drive shaft removal advice please Apr 14, 2016 — Loosen both strut to hub/carrier bolts and remove the top one completely. Swing the lot round as if you were going hard lock left for NS, hard ... S/V/C - XC70 Haldex 3 AOC Driveshaft removal The exhaust is dropped and out of the way. All 6 bolts removed. Center driveshaft carrier housing is dropped. What is the secret to getting this driveshaft to ... Volvo S60: Offside Driveshaft Replacement Jun 11, 2018 — This documentation details how to replace the offside (drivers side/Right hand side) driveshaft on a 2003 right hand drive Volvo S60.

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