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Carrot, Capsicum, Celery, Feb 23th, 2024.

Paleo SnackS IdeaS BY DR. SARAH BALLANTYNE, PHD^{1/2}
Cup Dried Apricots (or About 15 Fresh Apricots,
Dehydrated Until Still Soft) 1/4 Cup Extra Virgin Coconut
Oil (substitute Tallow For Better Portability) 1/2 Cup
Tallow (you Can Make Your Own Or Purchase) 1. Slice
Beef Heart (or Flank Steak) Into 1/4"-thick S Feb 1th,
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