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|  | MoveUP Monthly Ingredient Recipe – October – Instant Pot   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | [Click here to add ingredients.] | | [Press the down arrow key to move to a new line.] | | [To delete tip text (such as this) just click it and type.] | |  | |  | |  | |  | |  | |  | |  | |  | | --- | |  | |  | |  | | [Date]  (Name) (Employer) | |   [Recipe Name] |  |
|  | |  | | --- | | [Click here to add instructions.] | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
|  | Add Photo (Optional): |  |

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