

# SMOKING CIGARETTES

The Unfiltered Truth



Understanding Why  
and How to Quit

JANET BENNER, Ph.D.

• Second Edition •

Includes Chapter  
on Chew

# Smoking Cigarettes The Unfiltered Truth

**Melissa Kirsch**



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put the loaf tray on the middle shelf and bake for 25 minutes then lower the oven to 200 c 392 f gas mark 6 and bake for 10 15 minutes more until the crust has a good colour hold the loaf in a tea towel and tap the bottom if it sounds hollow it s  
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ingredients 500g 1lb 2oz strong flour 15g ½oz salt 55ml 2fl oz olive oil 20g ¾oz fresh yeast 275ml 9fl oz water how to videos method mix all the ingredients in a large bowl taking care not to put

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meanwhile heat the oven to 230 c 210 c fan 450 f gas 8 and put a roasting tray in the bottom of the oven to heat up step 9 remove the risen loaf from the bag and dust with flour fill the roasting tray with cold water to create steam and put the bread in the oven bake for 15 minutes then lower the oven to 190 c 170 c fan 375 f gas 5

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