
newbie

Posted by Emily - 2010/07/21 05:49

Hi all. Have been a subscriber to the newsletter for a while and finally decided to check out this board. I have a question about red palm oil. Basically, I have no idea what to do with it! It was on special at the health food store, and the store staff didn't know what to do with it either. But it looked healthy (and gorgeous!) so I bought a jar of it. The taste is rather nice, but the texture's a bit "greasy" (yes, I know it's oil :) As a raw food, would you use it as a spread, or what? Anyway, hi and I'm looking forward to exploring this board and getting to know you!

Emily

Re:newbie

Posted by birdsong - 2010/07/29 02:31

Hi ,Just wanted to say Welcome. I am also a Newbie to Raw food eating and this forum.

Birdsong

Re:newbie

Posted by thalz - 2011/09/19 12:24

If you want to be a better player, you need to get a lot of tera gold. Do you know Runescape Money? If you want to get a high level in the game, you need much more RS Gold. It can get in the game, also you can buy on the net.
