

A collage of various summer appetizers. In the top left, there are two small white bowls, one containing green olives and the other containing a brown, textured dip. To the right, a white rectangular dish is filled with bright yellow, cubed cheese. Below the cheese, a wooden cutting board holds a platter of shrimp, sliced tomatoes, and fresh basil. In the bottom left, a white bowl is filled with a colorful fruit salad including blueberries, strawberries, and orange segments. In the bottom right, a white dish features a Caprese salad with sliced tomatoes, mozzarella cheese, and fresh herbs. A central white rectangular box with a subtle floral pattern contains the text.

12

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Stress Management Recipes 2025

Minjie Lin



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