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Arepa (Spanish pronunciation:) is a type of food made of ground maize dough or cooked flour prominent in the cuisine of Colombia and Venezuela.. It is eaten daily in those countries and can be served with accompaniments such as cheese, cuajada (fermented milk) or avocado, or split to make sandwiches. Sizes, maize types, and added ingredients vary its preparation.

Arepa - Wikipedia

This is a list of baked or steamed bread varieties. It does not include cakes, pastries, or fried dough foods, which are listed in separate Wikipedia articles.It also does not list foods in which bread is an ingredient which is processed further before serving.

List of breads - Wikipedia

If youâ€™ve set foot in a grocery store or read a newspaper in the last 50 years, youâ€™re familiar with the message that whole grains are healthyâ€ and the more you eat, the better off youâ€™ll be.

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