

The British

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Read by Sherwood Class





Take some Picts,
Celts and Silures
And let them settle,
Then overrun them
with Roman
conquerors.



Remove the romans after approximately 400 years, add lots of Norman French to some Angles, Saxons, Jutes and Vikings, then stir vigorously.





The British

*Country in Northwestern
Europe*

Steps...

*Mix some hot Chileans, cool
Jamaicans, Dominicans,
Trinidadians and Bajans with
some Ethiopians, Chinese,
Vietnamese and Sudanese.*



**THEN TAKE A BLEND OF
SOMALIANS, SRI LANKANS,
NIGERLANS AND PAKISTANIS,
COMBINE WITH SOME GUYANESE**



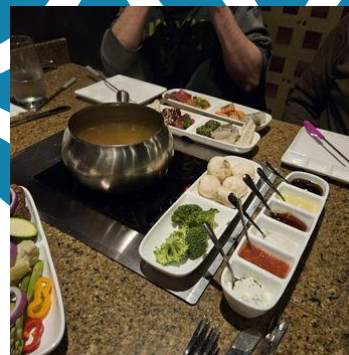


And turn up the heat.



- Sprinkle some fresh Indians, Malaysians, Bosnians, Iraqis and Bangladeshis together with some Afghans, Spanish, Turkish, Kurdish, Japanese and Palestinians





Then add to the melting pot .
Leave the ingredients to simmer .





As they mix and blend allow
their languages to flourish
binding them together with
English.





Allow time to be cool.



Add some unity, understanding, and respect for the future.

Serve with justice.

And enjoy.

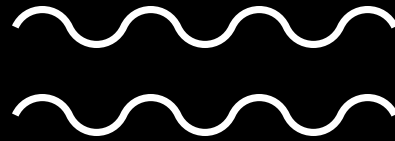


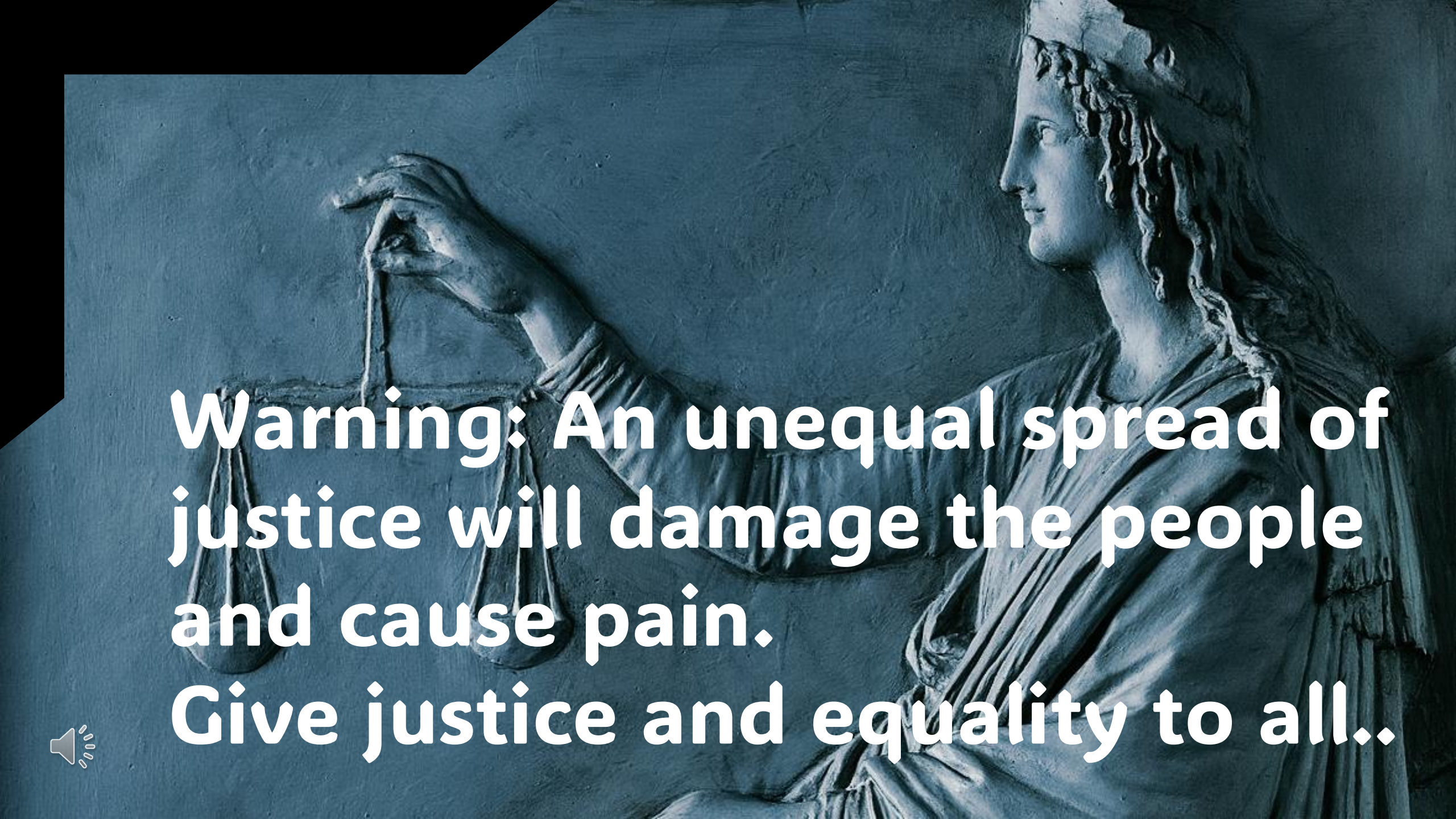
Note: All the ingredients are equally important. Treating one ingredient better than another will leave a bitter unpleasant taste.



completely "One Ingredient" Diet? The...
y of the week. Of course, you can make bigger...
ice cooking time. Note: each meal links back to the...

Breakfast	Lunch	Dinner
Banana Coconut Chia Pudding	Zucchini Noodles with Avocado Pesto	Tacos with pinto beans, lettuce, and...
Hash Browns in a Waffle Iron	Mintz Millet & Chickpea Salad	Sesame Rice
Nice Cream Superfood Sundae	Salad with greens, tons of veggies, & a creamy cashew ranch dressing	Lentil & Sweet Shepherd's
Chocolate Peanut Butter Cup Oatmeal	Spicy Quinoa Taco Bowl	Whole Wheat P Creamy Lemon Sauce
Quinoa Superfood Breakfast Skillet	Super-Fresh Sunflower Ghard Wrap	Quinoa Bowl Butternut
Vegan Breakfast Burritos	Sushi Roll in a Bowl	Coconut...
Vegan	The 8-Minute Black...	





Warning: An unequal spread of justice will damage the people and cause pain.

Give justice and equality to all..

