

## [WHAT FOODS HELP TO BURN FAT](#)



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Does what foods help burn stomach fat have to be whole wheat? Not necessarily. I used whole wheat pastry flour, but I am pretty sure regular flour or a gluten free all purpose flour should substitute nicely. I topped mine with shredded coconut, but feel free to go crazy on toppings: chopped nuts, sprinkles, granola, anything goes.

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