

**From:** "[REDACTED]" <[REDACTED]>  
**To:** Karyna Shuliak <[REDACTED]>  
**Subject:** Re:  
**Date:** Mon, 30 May 2016 04:29:14 +0000

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Hi Karyna,

I can barely understand his handwriting either, was going to call him Monday morning to ask him to type it - otherwise I can only guess what's in it. Will get back to you regarding the other question tmw as well!

On Sunday, May 29, 2016, Karyna Shuliak <[REDACTED]> wrote:

Hi [REDACTED],

Just wonder if you were able to translate Valdson's recipe for Jeffrey's muffins?

Also, could you please ask Valdson if he does not use nuts, flax seed and ground flax seed meal, and if he uses white flour instead of the whole-wheat flour. I have sent him an email a few days ago, but still don't have a response.

Thanks a lot!

On May 27, 2016, at 5:00 AM, [REDACTED] <[REDACTED]> wrote:

Hi Karyna,

Yes of course

On Friday, May 27, 2016, Karyna Shuliak <[REDACTED]> wrote:

Hi [REDACTED],

Jeffrey wants to know exactly what Valdson uses for his muffins. Below is the recipe from Valdson in french. Could you please translate it into English? some of the handwriting is difficult for me to understand.. it would be very helpful if you could do it please..thanks a lot!!

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