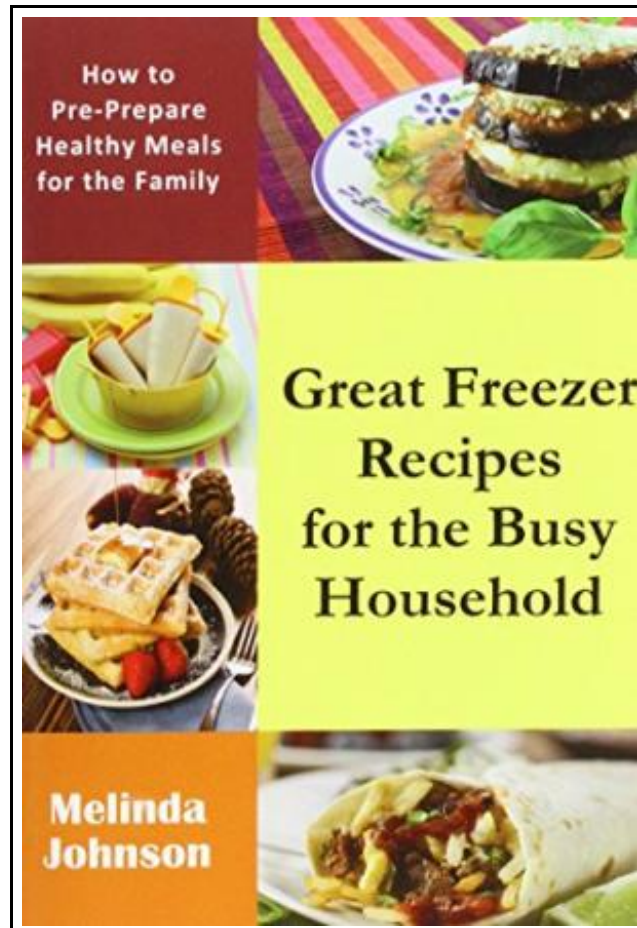


Great Freezer Recipes for the Busy Household: How to Pre-Prepare Healthy Meals for the Family



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Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

GREAT FREEZER RECIPES FOR THE BUSY HOUSEHOLD: HOW TO PRE-PREPARE HEALTHY MEALS FOR THE FAMILY



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Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Life gets a whole lot easier when you can start your day with a delicious pineapple muffin--straight from the freezer! Why waste money buying expensive meals or low-quality fast food when you can enjoy wholesome, less expensive meals in the comfort of your home? Whipping up great freezer recipes that you can easily pop into a microwave or oven when you re ready to enjoy them is the best way to fit healthy, preservative-free, chemical-free and highly economical meals into your busy lifestyle. This extensive guide will help you create freezer-friendly recipes that the entire family can enjoy. You don t have to sacrifice taste or variety, either! From meat dishes to vegetarian, there s enough variety to please every member of your household. Here s a sampling of the types of dishes you ll enjoy: o banana oatmeal cups or breakfast burritos o classic dishes, such as Eggplant Parmigianino or hearty Chili o Banana ice cream and other quick-and-easy desserts o Vegetarian Jambalaya with a Spicy Kick o satisfying soups, including chicken broth and onion soup You won t have to search far and wide to find ingredients and you don t have to be a master chef to cook these recipes! All you need is a freezer, microwave or stove, a few commonly found ingredients that are readily available in supermarkets, and the desire to make your stressful hectic cooking routine or fast food dash a thing of the past. Once you ve mastered the recipes in this book, you ll never feel as if you are too busy to assemble a healthy, satisfying meal.



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