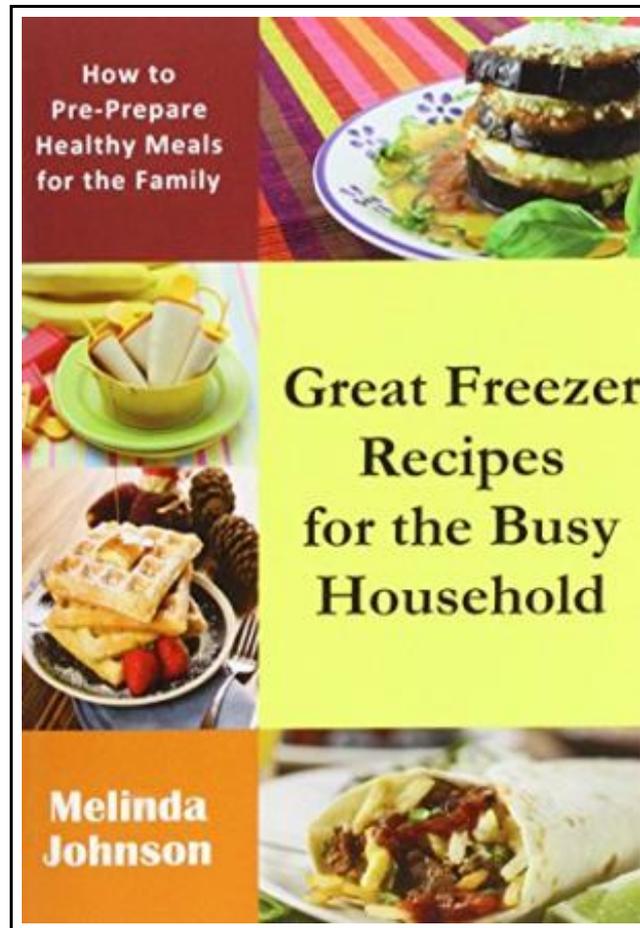


Great Freezer Recipes for the Busy Household: How to Pre-Prepare Healthy Meals for the Family



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(Alice Cremin)

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



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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