



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

By Melinda Johnson

Mojo Enterprises, 2014. Paperback. Condition: New. 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...

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