



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

By Melinda Johnson

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...



**READ ONLINE**  
[ 3.23 MB ]

### Reviews

*Undoubtedly, this is actually the finest work by any writer. It is really basic but excitement within the fifty percent of your publication. Your way of life period is going to be enhance as soon as you comprehensive looking over this ebook.*

-- **Matt Maggio**

*This book might be well worth a study, and much better than other. Indeed, it can be perform, continue to an amazing and interesting literature. I realized this publication from my i and dad suggested this book to find out.*

-- **Dejuan Rippin**