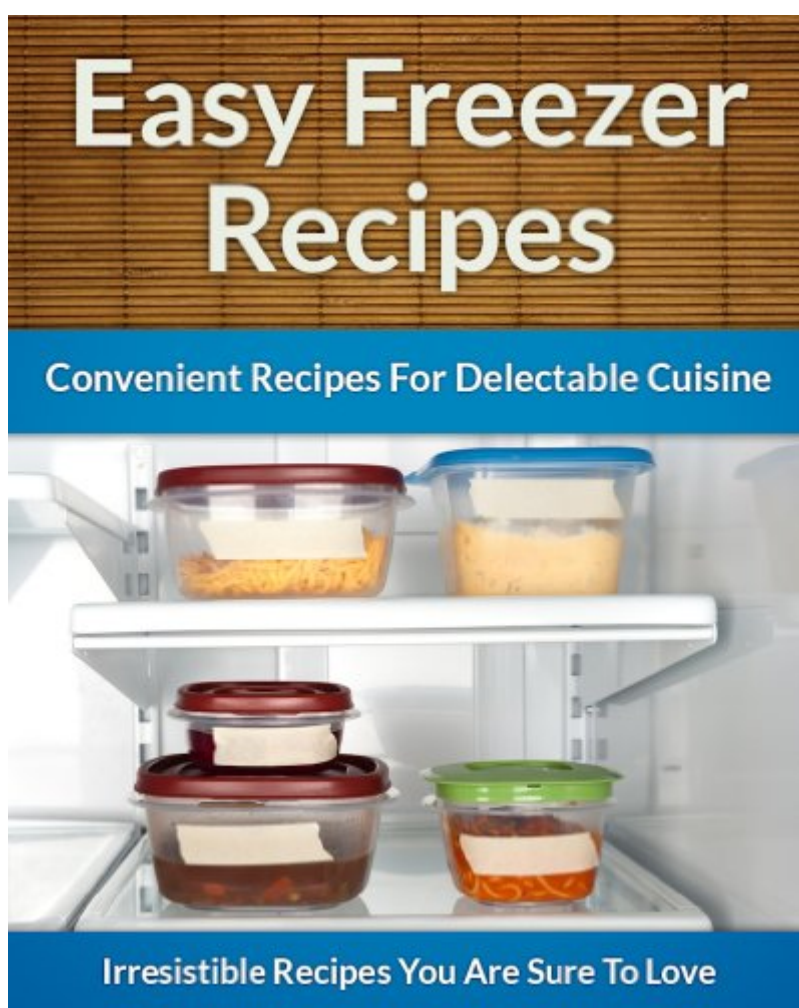


The book was found

Freezer Recipes - Easy And Convenient Recipes To Save Time, Money And Your Health (The Easy Recipe Book 43)



Synopsis

Save Time, Money and Your Health With Easy Freezer Recipes No one wants to spend several hours a day in the kitchen cooking and prepping for every meal, or waste time in the morning making a nutritious breakfast after sleeping in. That's where freezer meals come in. Freezer meals are already prepared main courses for every meal that are either pre-cooked or ready to be placed directly in the slow cooker or oven when you need them most. Simply reheat, steam a side of vegetables, and serve! The recipes in this book are intended to save you time by cutting down the hours you spent in a day cooking, giving you valuable hours back to spend with family or catching up on work at the office. By taking some time at the beginning of the week or month to prep several meals for breakfast, lunch, or dinner, you'll extend your days, your health, and your wellbeing. Inside Easy Freezer Recipes, You Will Discover:- Tons of healthy, tasty freezer recipes for breakfast, lunch and dinner. Each recipe includes HD photographs and the nutritional facts.- A comprehensive guide to the history of freezer cooking.- A grocery list of foods to embrace and foods to avoid.

Book Information

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Customer Reviews

Easy Freezer Recipes published by Echo Bay Books is a beautifully photographed and written cookbook. You will find color photos with most, if not all the recipes, and nutritional information too. The recipes are varied and relatively easy to prepare. Some of the recipes you will find in this cookbook include: Orange Chicken, Cajun Chicken Casserole, Macaroni and Cheese, Enchiladas, Perogies, Blueberry Muffins. There is an interactive table of contents making navigation easy. Recommend. Penmouse

I am impatiently waiting for a new part for my oven so that I might try some of these recipes. They all call for simple, easy to obtain ingredients and are written in a clear method to follow. Several of the recipes such as the chicken nuggets are on my first to make. We have to be away from home so much that we like having meals such as these in the freezer. Pop in microwave or oven and we are eating almost before we empty the car.

These recipes are written with the experienced cook in mind. There are ingredients sometimes left out of the "put it together directions." It won't be a problem for seasoned cooks but if you are a "step by step or you can't do it" cook, this book won't suit you. You might forget the sugar because it doesn't specifically say add the sugar. The recipes themselves are simple to make, nutritious and calorie counts are included. Safety tips are added also. There are pictures for those who need them. The recipes are worth trying and aren't so foo-foo that the kids or picky people won't eat them. Ingredients are easily found, nothing really exotic that you cannot find at your small grocery store. (Okay, perhaps quinoa might be hard to find, and you might not have smoked paprika in a teensy store.)

It's not very often that I buy a cookbook and want to try almost each recipe! This is one of those few that I can honestly say, I will actually be trying most of them! There are pictures for most of the recipes, and clear step by step instructions. Especially for someone who might not be familiar with the freezer cooking concept. I hate it when people leave unfair ratings just because they don't like reading a cookbook on their smartphone! Yes, there are a few typos, but not enough to take away from the book. Yes, there may be room for improvement, but overall this is a great little cookbook that I was surprisingly happy with! And for 99 cents, if you're not happy with it you're not losing

much.Thanks for a great book!!

I am a frequent freezer meal maker, so I thought a free book with freezer meal recipes was amazing. There were quite a few recipes that I had not already found, considering this was free, I was surprised. There was about half of the book filled with things like muffins, pancakes, and other similar items that I would not consider meal worthy recipes.

Some great recipes, but there are a few that are simply restated or retitled and placed in a different category. It's a good purchase and I did use a lot of the recipes included.

Easy recipes that are family friendly, meaning all ages will like the recipes. Can't wait to get out of hospital and make a lot of these to pull out, only me 63 years old and daughter 36 years old live here but my granddaughters will definitely like some of these. Love the book but didn't figure out how to get on list, my daughter will tomorrow. Thank you :)

This is a great book, why you ask? Because it reads in such a way that even a novice like myself can make good, fast and healthy meals and store them for our busy lifestyle. I appreciate that they use ingredients that I have on hand and can pronounce. This is a great reference for our family and I didn't have to buy a lot of product to begin using these freezer recipes.

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