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By Nadene Acker, Imogen Abney

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Freezer Cooking Book BOX SET 2 IN 1: Top 30 Freezer Slow Cooker Meals + 25 Healthy Freezer Meals For Every Kitchen BOOK #1: Freezer Cookbook. Healthy Freezer Meals For Every Kitchen Are you making the most of your freezer? Not only is the freezer a great place to store frozen food and ready meals, it can also save you money by allowing you to take advantage of cheap special offers and leftovers. Used properly, your freezer will save you time and money. Most foods can be frozen with little to no loss of taste and texture. Some are even improved- many curries and stews develop an even richer and more complex flavor through being frozen before being consumed. It is also an excellent way to preserve the nutrients in your food - studies have shown that frozen peas have more vitamins than ones which have been bought fresh, since they have been frozen within a few hours of being picked. A little time and preparation means that your freezer can supply you with quick, delicious, healthy meals...



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