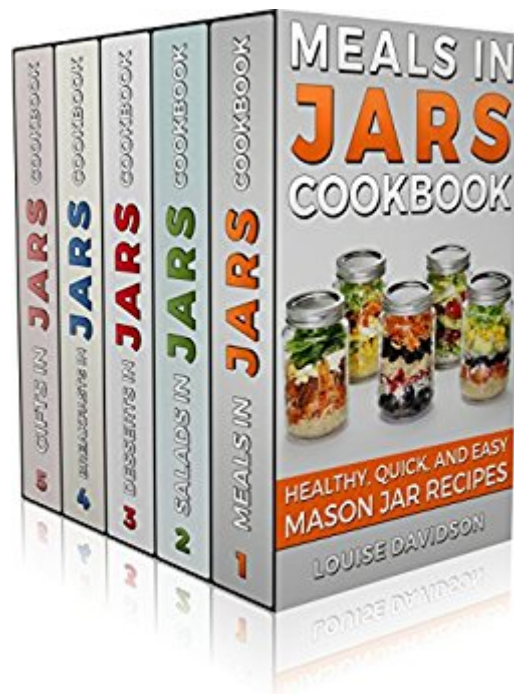


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Synopsis

Healthy, Quick, and Easy to Prepare, Practical, Versatile, Convenient, Grab and Go, Meals in Jars are just that and More! Download FREE with Kindle Unlimited The book set consists of five cookbooks, covering everything from the basics of preparing meals in jars, which jars to use, decoration as well as plenty of recipes for every meal of the day and even food gifts, hot and cold meals, desserts, and breakfasts in jars. Astonishing value for the price: 5 books in 1 with 250 recipes to choose from! All recipes come with a list of ingredients, concise and clear directions to prepare the recipes and nutritional facts.

Vol. 1: Meals in Jars Inside, find:

- Grab and go breakfast recipes like the Blueberry Apple Yogurt Parfait or the Baked Mushroom, Spinach and Onion Omelette
- Quick and easy salad in jars like the Fresh Pesto Pasta Salad or the Taco Salad in a Jar
- Hot and comforting meals like the Mini Crustless Broccoli and Cheddar Quiche or the Shepherd's Pie
- Healthy snacks like Apple Nut Butter Dip or the Raw Trail Mix
- Scrumptious desserts like Gluten-free Plum Crumble or the Chocolate Raspberry Mousse

Vol. 2: Salads in Jars Inside, find:

- How to layer your salads for maximum taste and freshness
- 50 healthy and delicious salad recipes like:- Italian Antipasto Salad- Shrimp Feta Cobb Salad with Ranch Dressing- Ginger Miso Salmon Salad- Thai Beef Noodle Salad Jar- Quinoa Chia Curry Salad- And much more

Vol. 3: Desserts in Jars Inside, find:

- 50 Quick and easy to make desserts in jars recipes each having nutritional values and easy to follow instructions:- Chocolate Chips Bread Pudding- Red Velvet Cupcake in a jar- Moist Strawberry Mores Cake- No-Bake Key Lime Pie- White Chocolate Lemon Trifle- And much more!

Vol. 4: Breakfasts in Jars Inside, find:

- Quick and easy oats recipes like the Pomegranate and Almond Overnight Oats
- Delicious pudding recipes like the Triple Berry Chia Pudding
- Nutritious parfait recipes like the Strawberry and Chocolate Yogurt Parfait
- Easy to prepare smoothie recipes like the Avocado Spinach and Grape Smoothie
- And many other classics and new recipes HOT or COLD like the Spinach, Ham and Egg White Omelet, the Vegan Banana Bread in a Jar, the Blueberry French Toast or the Gluten-free Apple Breakfast Muffin

Vol. 5: Gifts in Jars Inside, find:

- 50 gift in jars recipes including:- Double Chocolate Brownie Mix- Gingerbread Cookie Mix- Crunchy Caramel Popcorn- Chicken Noodle Soup Mix- Cajun Spice Seasoning- And much more!

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Book Information

File Size: 3185 KB

Print Length: 590 pages

Simultaneous Device Usage: Unlimited

Publisher: The Cookbook Publisher; Hot and Cold Meals Mason Jars Recipes, Soups, Sala edition
(July 18, 2016)

Publication Date: July 18, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01IQ1T7TO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #37,696 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #11 inÂ Kindle Store > Kindle eBooks > Crafts, Hobbies & Home > Crafts & Hobbies > Candlemaking #13 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Canning & Preserving #18 inÂ Books > Crafts, Hobbies & Home > Crafts & Hobbies > Candlemaking

Customer Reviews

This guide is absolutely amazing. I know the power of the pressure cooker in making food quick and easy. However, I have always assumed that the flavor is just mushy and tasteless. Well, that is what I felt until I tried the amazing recipes in this book. I love the fact that this book has pictures of the different recipes. Even the kids love the recipes from this book. They want to help prepare the meals because they are so easy. It has become a new family favorite activity around the pressure cooking making food together. This was an amazing book on multiple levels!

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All kinds of recipes to make in jars.

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