



Freezer: Freezer Cooking Cookbook. Healthy Freezer Meals For Every Kitchen!: (freezer cookbook, freezer meals cookbook, freezer recipes, freezer meals ... freezer meals quick and easy Book

1)

Imogen Abney

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Freezer: Freezer Cooking 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 throughout the week.

Together we will look at 25 delicious, healthy freezer meals such as:

- Basic Tomato Sauce
- Cornish Pasties
- Moroccan Lamb Tagine

- Homemade Fish Cakes
- Fruit, Nut and Chocolate Cookies
- Beef Stew
- Chicken and Spring Vegetable Pie
- Honey Citrus Chicken
- Jamaican Prawn Curry
- Pork and Chickpea Curry
- Home Made Pesto
- Jambalaya
- Chicken Cacciatore
- Chicken Cacciatore
- Special Occasion Duck
- Aubergine Vegetable Curry
- Sausage Hotpot
- Classic Fish Pie
- Pork Goulash and Dumplings
- Broccoli Pasta Bake
- African Chicken Stew
- Beef Cannelloni
- Tex Mex Enchiladas
- Mini Frittatas
- Honey Chicken Kebabs
- Tips to Avoid Waste

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