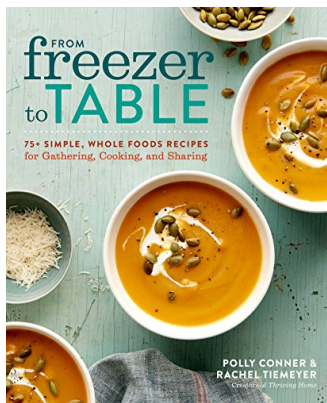


[PDF] From Freezer To Table: 75+ Simple, Whole Foods Recipes For Gathering, Cooking, And Sharing

Rachel Tiemeyer, Polly Conner - pdf download free book



Books Details:

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Description:

Rachel Tiemeyer and Polly Conner were new moms, struggling to get dinner on the table each night, when they had a rude awakening: their families weren't eating well, and they didn't have a clue what

to do about it. Most evenings, they were too frazzled to do anything but slide a frozen pizza or fish sticks in the oven. That's when they had a breakthrough: what if they could stock their freezer with healthy, homemade food, rather than heavily processed food? Soon, they began gathering their friends to cook freezer-friendly meals together. They learned how to shop in bulk, cook larger quantities from scratch, stock their freezers with nutritious meals, and eventually made freezer cooking a lifestyle.

In *From Freezer to Table*, Rachel and Polly share the ultimate guidebook for transforming the way your family cooks, eats, and freezes. The chapters are packed with freezer cooking basics, practical tips for Freezer Cooking Parties or Freezer Clubs, and plenty of motivation and tools to make freezer cooking second nature in your home. With their 75+ simple, family-friendly recipes—all made from whole food ingredients—anyone can stock their freezer with wholesome favorites, like mixed berry scones, homemade chicken tenders, and slow-cooker carnitas. *From Freezer to Table* will help you reclaim your kitchen from unhealthy processed foods, while simultaneously saving your wallet, your waistline, and your time. Finally, you'll be able to enjoy delicious, stress-free meals around the table with those you love most.

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