



Mason Jar Meals: 38 Little-Known, Easy, Healthy Delicious Mason Jar Recipes for Busy, On-The-Go People

By Ella Marie

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.You can now make HEALTHY meals fast and easy with mason jars!!! Mason jars are sturdy, easy to handle, and quite versatile. You can use them to keep your food items cold or to heat them. You can use them for baking great foods that you will enjoy eating. There are so many reasons to consider this type of food preparation. They include: - Portion control - Visually appealing food - The ability to create food quickly - Plenty of variety! - Glass can be recycled:) Not everyone is a fan of spending time in the kitchen. If you do so because it is necessary, you may feel like you are suffocating with what you offer. It can make you guilty too when you don't have enough time to cook or bake. With mason jar meals you will find it all comes together with just a bit of planning. You aren't going to spend lots of money or tons of time to make this happen either. You will love the fact that so many of...



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