



Freezer Meals: 16 Delicious And Healthy Freezer Meals With No Meat: (Freezer Recipes, 365 Days of Quick & Easy, Make Ahead, Freezer Meals) (freezer ... cookbook for two, dump dinners cookbook)

Imogen White

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Freezer Meals 16 Delicious And Healthy Freezer Meals With No Meat

Reducing our meat consumption has many benefits. Meat (especially organic or higher welfare meats) can be expensive, there are some health risks associated with a high meat diet (particularly cured meats) and the use of land for animal rearing rather than arable farming has significant global implications.

This book shows you how to cook delicious, straightforward meals which can be frozen in advance, saving you time and effort.

It includes recipes for dishes such as:

- Breakfast blueberry pancakes
- Beetroot veggie burgers
- Chocolate chip cookies

With a little planning, you can stock your freezer with delicious, nutritious meals ready and waiting whenever you need them!

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Cathy Kerby:

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