

Jar Food: Recipes for on-the-go (Hardback)

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Reviews

This kind of publication is every thing and taught me to seeking ahead and a lot more. It really is rally interesting through reading through time. I realized this ebook from my i and dad recommended this publication to understand. (Dax Herzog)

JAR FOOD: RECIPES FOR ON-THE-GO (HARDBACK)



PAVILION BOOKS, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. Take wholesome food with you every day whatever you are doing. Whether it is having breakfast on the go or taking ten minutes for a breath of fresh air and a quick snack in the afternoon, Jar Food is full of simple, delicious recipes that you can make with minimal effort. Recipes in the book take you through all the seasons and the great thing about making your own breakfasts and lunches is that the recipes are crying out to be chopped and changed with any ingredient you prefer. From breakfast ideas that include Coconut Chia Overnight Oats, Super Green Super Smoothie and Cranberry and Almond Bircher Muesli to main meals suggestions from layered Sushi Jar, Pomegranate Pilaf, and Mediterranean Falafel Salad - classic recipes (some with a twist) will keep you going throughout the day or refuel you after a long one. And for anyone in need of a mid-morning pickup, Chocolate Orange Energy Balls will satisfy the sweet tooth without feeling too guilty. But if you re looking to go all out, then the Hot Chocolate Mousse Jars are at the top of our list! Healthy, quick, nutritious and easy, with over 30 recipes that are mainly vegetarian or vegan, or which can be easily adapted to being meat and dairy free, food on-the-move needn t ever be boring again.

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