



Natural Meals In Minutes - High-Fiber, Low-Fat Meatless Storage Meals-in 30 Minutes or Less!

Rita Bingham

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Natural Meals In Minutes. An excellent cookbook of over 300 fast, simple, food storage recipes using grains, legumes, and sprouting seeds, in addition to fresh fruits and vegetables. Whether you're preparing for natural or man-made disasters, this book will show you how to make great basic meals from healthful, wholesome ingredients. Learn how to cook whole grains in only 3 minutes, cheeses and puddings in only 3 minutes, and complete meatless meals in 30 minutes or less!

This book contains delicious, low-fat, "heart-healthy" meals in these three easy-to-follow sections:

Introduction to Natural Foods - using whole grains and dried legumes (beans, peas and lentils).

Sprouting - techniques and tasty recipes for every meal of the day.

Powdered Milk - 3-Minute Powdered Milk Cheeses, Yogurt, and other milk favorites.

Breakfasts, Lunches, Dinners, Snacks and Desserts the whole family will love!

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