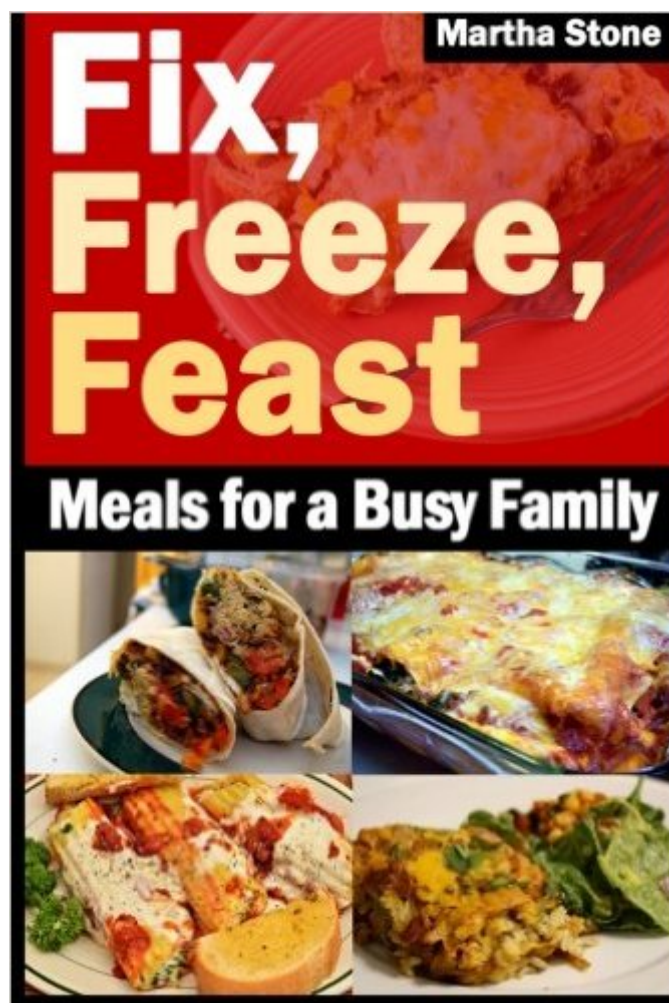


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# Fix, Freeze, Feast: Meals For A Busy Family



## Synopsis

Fix, Freeze, Feast: Meals for a Busy Family is packed full of recipes that you can make in bulk ahead of time and pull out in a hurry when you need a healthy and delicious meal. The meals are prepared ahead of time using healthy and budget friendly ingredients, stored in the freezer until needed and then placed in the oven just before dinner. Recipes from this eBook prove to be more delicious, healthy and cheaper than going out to catch a bite from the drive thru on the way to rehearsal or before practice.

## Book Information

Paperback: 58 pages

Publisher: CreateSpace Independent Publishing Platform (September 19, 2013)

Language: English

ISBN-10: 149275319X

ISBN-13: 978-1492753193

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 5 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 starsÂ Â See all reviewsÂ (25 customer reviews)

Best Sellers Rank: #1,861,159 in Books (See Top 100 in Books) #207 inÂ Books > Cookbooks, Food & Wine > Cooking Methods > Microwave Cooking

## Customer Reviews

I was a little disappointed when I saw that the recipes don't tell you how much they yield, but I was willing to give it a try. My family loves pancakes and these looked great. I was a little put off when I saw it called for 32 eggs and 6 quarts of flour. . .I've never measured flour in quarts before! We're on a tight budget these days and have 5 kids at home who love the convenience of frozen waffles for breakfast, which cost about 20 cents each. I thought this was a great bulk homemade economical option, and decided to give it a try. I have to say, I wish I'd had my grandma's giant washtub when it came to mixing this recipe up. It was huge! But I managed it using two oversize bowls. It took me about 3 1/2 hours to make 152 pancakes! I used both of my electric skillets making 10 pancakes at a time. I figured that it came out to about 6.5 cents per pancake, and in the end I was happy with the value. My family loved them and our freezer is stocked for a while. This worked well for our large family of pancake lovers. I thought I'd share these results in case anyone was wondering about the yield. I haven't tried any of the other recipes yet, but will do that soon. Hope this was helpful!

Fix, Freeze, Feast: Meals for a Busy Family Starts out explaining the process of a menu, the grocery list and how easy it is to prepare a bunch of meals at one time and freeze them for use later. Lots of tips along the way. Some recipes show a picture but there is nutritional information listed. Like the idea of breads and muffins-those you can grab and pop in the micro for 10 seconds and have a quick treat.

These recipes are great for making at least 4 servings up with one cooking. All the recipes are things my family will eat and that is a rare thing. I cannot wait to try these. This is the first book I have found that doesn't have difficult recipes or obsolete ingredients. There are make ahead meals to throw in your crock pot, or at the most get it out of the freezer and add a jar of sauce and a sprinkle of cheese on top. You have no idea how helpful these make ahead meals can help with not having fast-food when good-for-you-food is already prepared. Just heat it up. Get This Book! You will love it.

Some of the recipes were really bulk -- 30 dozen eggs. No way so I passed over them to some really good freezer recipes that didn't use so many bulk ingredients. They look excellent and I am excited to try them.

I found a cookie recipe I got from my grandma 30 years ago and we've always made these cookies for Thanksgiving & Christmas. We never knew where it originated but it is a favorite for EVERYONE we've ever made them for!!!

Pros - \* Almost all of the recipes include ingredients that are common. \* The recipes are mostly all appealing and what I feel to be family friendly. Cons - \* Directions do not state whether or not to uncover the dishes or not before baking. \* Pictures are black and white and might as well not even be included at all because they are so blurry and unclear. \* There are only 27 recipes total, which is far less than I expected and not at all enough for a cookbook, in my opinion. \* There are little blurbs before most of the recipes that try to mislead the reader into thinking that the recipe is healthy, when these recipes are anything but.

If you like processed foods then this book will work for you. Lots of the recipes call for: alfredo sauce, cheddar cheese pasta sauce, canned soup and other ingredients we don't dare keep in our

home. There weren't nearly as many recipes as I had envisioned and almost all of them require cooking ahead of time, then just reheating. For instance, cookies, waffles and pancakes. Did you know you can freeze them once they are made? Yes? Well then there's three recipes that are wasting space in the book. I prefer to freeze my cookie dough before I bake it, then slice and bake so you actually have fresh cookies each time, not just reheated ones. Also, I think there might be some typos - always hard to tell with recipe books until you try it. The first recipe for breakfast burritos calls for 30 dozen eggs. I think it's supposed to be 3 dozen eggs but who knows? Looking through the book I am inspired to start freezing some meals for easy preparation later but I won't be using any of these recipes in my household.

I have seen a lot of books for preparing meals meant to be made ahead and frozen. This is the first one I've seen that has down to earth, doable recipes. I am anxious to try them all. Well done!

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