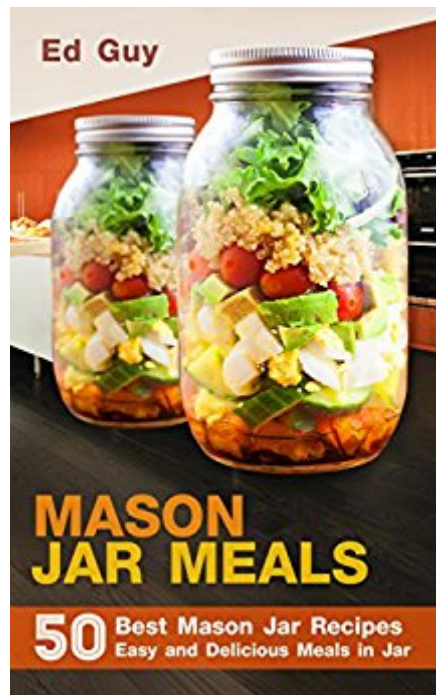


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MASON JAR MEALS: 50 Best Mason Jar Recipes Easy And Delicious Meals In Jar (Mason Jars, Mason Jar Salads)



Synopsis

Using Mason Jar + 50 Easy and Delicious Recipes Mason jar meals are the easiest way to prepare individual servings. Mason jars have a great shape that makes it perfect for storing meals like salads. You can layer your foods better when using Mason jars than plastic containers. Place the oil and dressings at the bottom and then layer the lettuce and other ingredients on top of it; this way the vegetables do not get soggy. This is another reason why it is best to use Mason jars, it maintains the freshness of the ingredients longer. In this book, you will find healthy and delicious recipes including all types of salads. Also in this book are yummy desserts like strawberry shortcake, apple pie and others. Most of the recipes are easy to follow and do not require any special cooking talents.

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Customer Reviews

â œMason Jar Meals: 50 Best Mason Jar Recipesâ • is a great collection of recipes that you can serve or store in Mason jars. The book delves into all 3 meals, plus desserts, including a wide variety of recipes that you can store in Mason jars for easy storage and transport. Iâ™ve been a fan for some time of using glass containers for storage of leftovers, especially greasy foods, since itâ™s so easy to clean a glass jar of even the toughest grease, but Iâ™d never really thought about using the jars for serving. This book of recipes has made a believer out of me, and even includes a couple of recipes that you prepare straight in the jar (like microwaving scrambled eggs in the jar!) There is also a great section of tips on how to care for your jars and pick the right size jars. Ed Guy has a winner here, folks!

Pretty great book! Health recipes, variety and even breakfast ideas! I will be making many of these soon!

Good book, some very good looking recipes and easy to follow!

Lots of good info and easy to understand

Thanks....Great book

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