



20 Minute Express Recipes for Busy People (Paperback)

By Ericka Smits

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Most people, when thinking of cutting down the time spent in the kitchen, believe that this means buying more take-out and/or processed foods that are laden with calories, fat and sodium. But it doesn't have to be that way. Anybody can prepare a meal that will keep their time in the hot kitchen to a minimal yet without sacrificing on health. This cookbook offers 70 meal ideas that you can prepare in 20 minutes or less. You will find everything from: Chapter One - Appetizers, Snacks and Beverages Start your party with a savory dip and veggies, snack on a tasty wrap, or sip a refreshing beverage. Chapter Two - Breads From delightful pancakes and waffles to tasty biscuits - look for these speedy recipes to begin the morning or round out your evening meal. Chapter Three - Main Dishes Perfectly seasoned meats and chicken, fabulous fish, and satisfying meatless dishes - any one of these hearty entrees can be on the table in 20 minutes or less. Chapter Four - Soups and Sandwiches Need a quick...



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This book is fantastic. This is certainly for all those who statte there had not been a really worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.

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