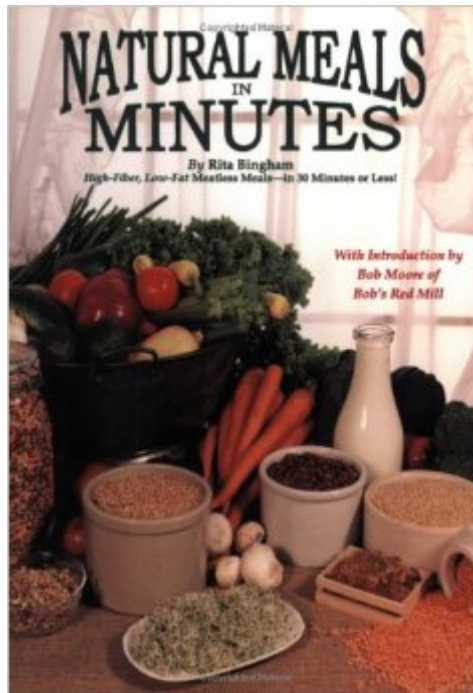


The book was found

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



## Synopsis

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!

## Book Information

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## Customer Reviews

My family does not like beans and lentils. I was looking for ways to incorporate these storage items into our diet. I am really excited about the ideas contained in the book. The recipes use ingredients that are found in your cupboard. They are healthy but not time consuming. There are many ways to hide the beans in food they would normally eat. I am a lazy cook. I have to be in the mood and feeling good. Being able to give my family healthy meals without spending ages doing it is fantastic. I highly recommend this book to everyone that is looking to cut down or cut out meat in their diet or using up all the beans and lentils in their food storage.

I don't have enough space in this forum to express my total appreciation for this book. I've had it for over a year and I've barely used a fraction of it's valuable ideas. The ones I have used, I've used over and over again! I'm sitting here right now thinking of making some bread. I can either grind the grain by hand or use the recommended grinder I discovered from the book! I'm pretty much all set! A Must Read!

This book is a great way to use food storage and have nutritious meals. I am intrigued with the idea of the bean flour in baked goods as a way of more complete protein and fiber. I haven't seen this in other places and have tried it and it's great!

While this book has lots of good information, I saw the latest version and it has more information I also need. Our family has dietary issues and later books Rita has published are a bonus for us. However, this book was used and in excellent condition for a give away price so I'm not complaining. I think I'll use both books.

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