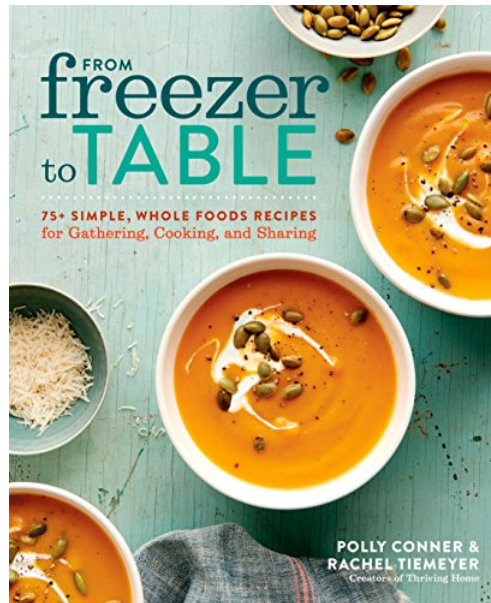


[Download] From Freezer to Table



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In *From Freezer to Table*, Rachel Tiemeyer and Polly Conner of the Thriving Home blog provide freezer cooking basics, guidance on organising your freezer, and options for different ways to cook with friends. The book has more than 75 simple, family friendly, and healthy recipes - and some can even be cooked in less than 30 minutes! From flourless banana blender muffins to all natural chicken tenders and slow cooker entrees, Tiemeyer and Conner's recipes are easy, inspiring, and time saving for the home cook. In this book, Tiemeyer and Conner share how to use freezers to their fullest potential. They each discovered freezer cooking as mums with three kids, immersed in the balancing act of parenting, managing a home, and work. Most nights, they'd throw their hands up, open the freezer, and pull out a boxed pizza. The change came when they both joined freezer clubs; as they learned how to shop in bulk, cook larger quantities, and stock their freezers with nutritious food, they grew to love cooking from scratch. It's whole foods meets reality - freezer cooking has the power to change your diet and improve your family's lifestyle.

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