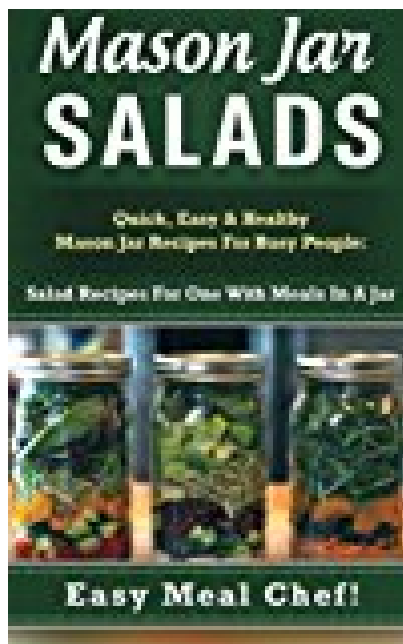


Mason Jar Salads Quick Easy & Healthy Mason Jar Recipes For Busy People Salad Recipes For One With Meals In A Jar



BOOK DETAILS

- Author : Julie Eldred
- Pages : 42 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1511486236

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BOOK SYNOPSIS

SALAD MAGIC IN A MASON JAR Discover the coolest way to pack a tasty, healthy lunch! Mason Jar Salads and More shows how to prepare on-the-go meals that are packed with fresh produce and whole foods. The tasty recipes and gorgeous full-color photos in this book will show you how to create amazing dishes, including:

- Pomegranate and pear salad
- Pesto tortellini with cherry tomatoes
- Crunchy Asian salad
- Spinach, blueberry and blue cheese salad
- Curried chicken salad
- Kale and avocado salad
- Porcini mushroom risotto
- Overnight oatmeal with fruit
- Green bean and feta salad

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