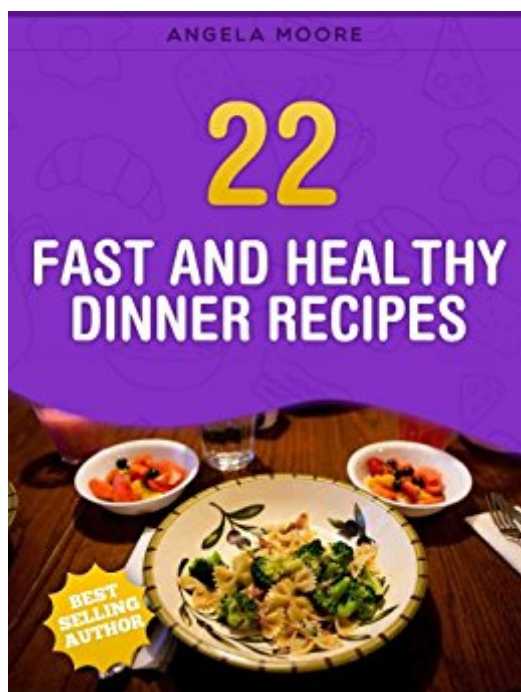


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# Fast And Healthy DINNER Recipes (Cookbooks For Busy Moms Book 3)



## Synopsis

This is a cookbook full of quick and healthy dinner recipes. Every recipe takes 30 minutes or less to make. They are all healthy and filling. Remember, you can always change, add or subtract ingredients. Never be afraid to experiment and add to my recipes. As always however, I completely understand if you find my recipes too perfect to change. In addition to the food preparation directions, each recipe has a conversation starter and an interesting fact. The conversation starters are geared toward children. They are not deep or emotional topics as my goal was fun dinner conversation. The interesting fact are in some way related to the food in the recipe.

## Book Information

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## Customer Reviews

This book has healthy dinner recipes that are easy to follow. Many of them are budget friendly as well!My biggest problem with most healthy dinners is the hefty price tag that usually comes with them. Not that you should put a price on being healthy, but if you CAN do it for less, I'm all for it!! thought the \*dinner conversation starters\* added a really nice touch. I will definitely be using them!Great for anyone who needs some fresh, healthy, dinner ideas!

I enjoy organizing dinner parties for the friends, however I often find myself overwhelmed with focusing on demanding recipes, running manically through the kitchen and by trying to entertain my guest at the same time. Therefore I wanted to try something else, where I will spend a less time in the kitchen, however without jeopardizing the quality of the meal. This book came as a natural solution, it delivers as promised on the fast and healthy dinner meals with couple of the perks. I put this book into practice by cooking Sloppy Joes for 6 friends of mine recently. Thanks to this cookbook I've been able to produce relatively quickly a healthy and delicious meals as well as to provide the guests with the (hi)story behind the meal. Aside simple step-by-step cooking instructions, I particularly love a dinner conversation tips and interesting facts about each recipe. Recommended read for those who wants to impress the friends, cook something healthy without spending ages in the kitchen.

After I found one of the Angela Moore's books, Fast and Healthy Lunch Recipes, I got myself the second book from her right away because my family love the new lunch creations. This book is full of delicious and healthy dinner ideas and they are quick to prepare and cook. My kids like to look through the cookbook and tell me what they would like to eat tomorrow. With the help of this book, the dinner moments have become interesting and fun. Thank you for creating these awesome series of books!

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