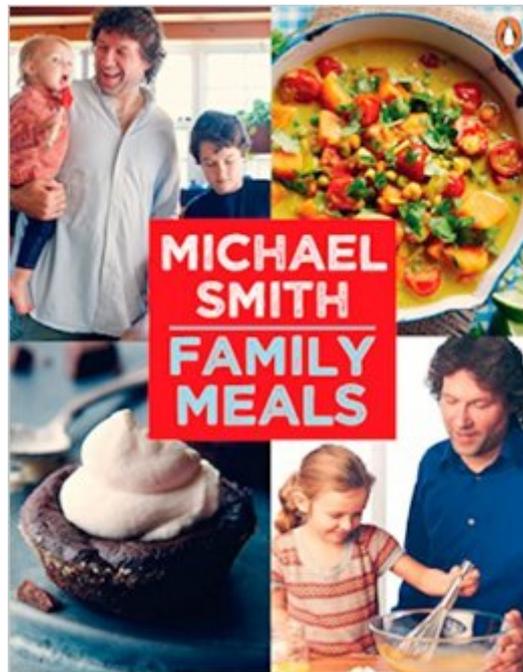


The book was found

Family Meals: 100 Easy Everyday Recipes



Synopsis

Real homemade food for your family is easy to make! Can't decide what to make for dinner that everyone in the family will enjoy? Are you craving healthy, simple and delicious recipes for breakfasts, packed lunches, snacks and weekday dinner when you're short on time? Are you looking for ways to make mealtime fun and get your family involved in the kitchen? Well, look no further. An advocate for simple, healthy cooking, Michael Smith knows that his most important job is family cook, so he wants to inspire and help you create great-tasting meals for your own family and make some lasting memories along the way! Michael is passionate about cooking real homemade food. In *Family Meals*, he shares easy-to-make recipes that he loves to cook for his own family, along with tips on how to make cooking together fun. Turn your kitchen into a gathering place for your whole family while you prepare and share meals. *Family Meals* features 100 recipes straight from Michael's home kitchen. Kick-start your day with Nutmeg Waffles with Banana Butter, Nutty Seed Granola or Tropical Fruit Smoothies for breakfast; pack delicious lunches and snacks like Chicken Lettuce Wraps and Granola Muffins to get the whole family through their busy day. And, you'll find a variety of one-pot meals, hearty soups, stews, casseroles and quick, easy-to-make meals that are all great for a busy week. Your whole family is sure to enjoy dishes such as Weekend or Weeknight Beef Stew, Stovetop Chicken with Herb Dumplings, Tortilla Lasagna and Chia Veggie Burgers, plus treats your family won't be able to resist like Boston Cream Cupcakes and Fallen Chocolate Cake Stuffed with Whipped Cream. *Family Meals* is a must-have for families to enjoy cooking and eating healthy, delicious food together.

Book Information

Paperback: 288 pages

Publisher: Penguin Canada; Probable First edition (August 5, 2014)

Language: English

ISBN-10: 0143184113

ISBN-13: 978-0143184119

Product Dimensions: 8.5 x 0.9 x 10.9 inches

Shipping Weight: 2.9 pounds (View shipping rates and policies)

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