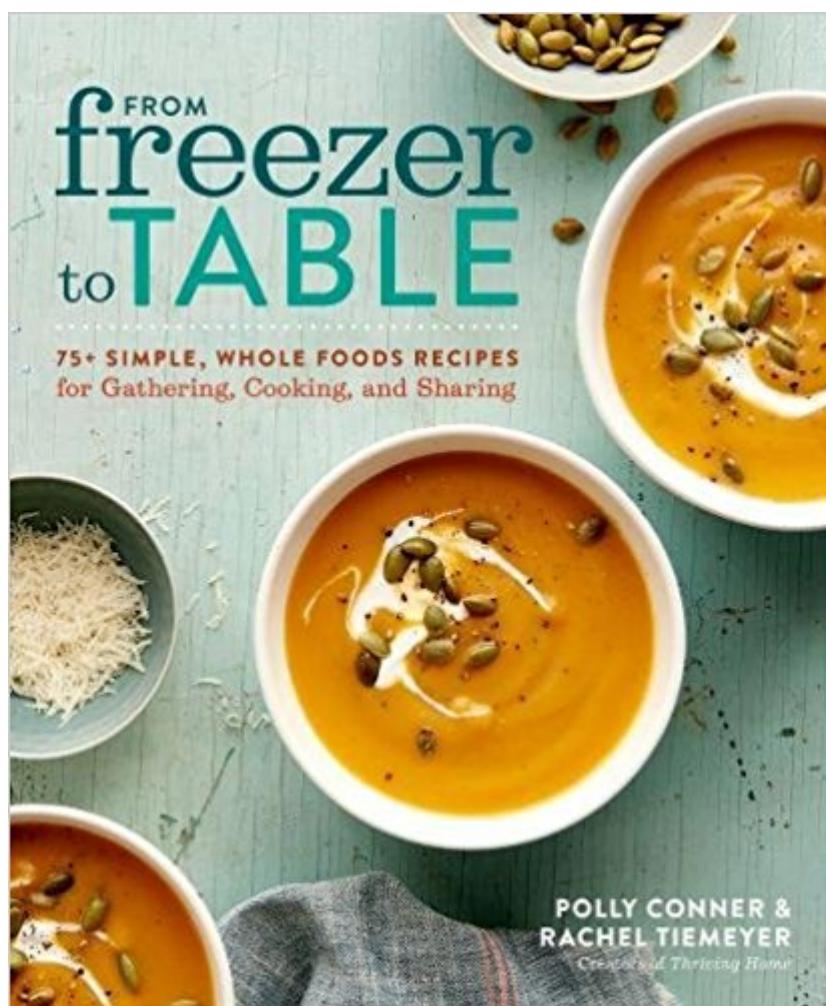


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# From Freezer To Table: 75+ Simple, Whole Foods Recipes For Gathering, Cooking, And Sharing



## Synopsis

Freezer cooking has never been so easy, fun, and totally delicious. From Freezer to Table is the ultimate guidebook for transforming the way your family cooks, eats, and freezes. The chapters are packed with freezer cooking basics, practical tips for Freezer Cooking Parties and Freezer Clubs, and plenty of motivation and tools to make freezer cooking second nature. With more than 75 simple, family-friendly recipes—•all made from whole food ingredients—this book shows how you can stock your freezer with favorites, like Mixed Berry Oat Scones, Parmesan and Herb Chicken Tenders, and slow-cooker Killer Carnitas. Prepare to reclaim your kitchen from processed foods, all while saving your wallet, your waistline, and your time! With a freezer full of the easy dishes in this book, you can enjoy tasty, stress-free meals around the table with those you love, even on your busiest days.

## Book Information

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Rachel Tiemeyer and Polly Conner are the creators of Thriving Home, a food and lifestyle blog sharing the freezer cooking lifestyle, whole food recipes, and encouragement for families on the parenting journey. With three kids each and constantly strapped for time, Rachel and Polly are

self-proclaimed âœfreezer cooking evangelistsâ• who are passionate about equipping families to enjoy healthy, homemade meals around the table together. They live with their husbands and children in Columbia, Missouri.

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