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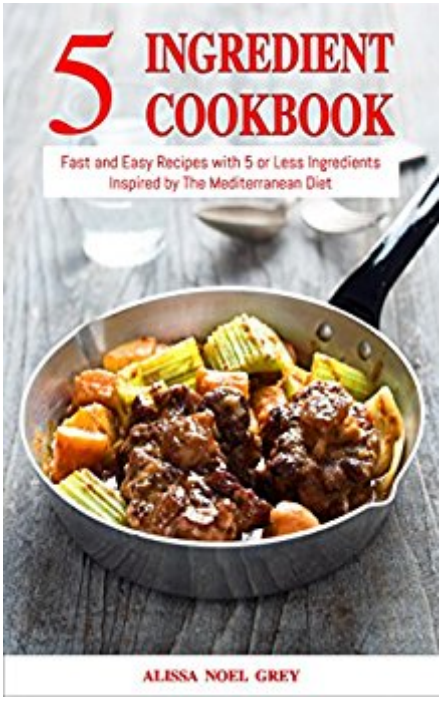

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Synopsis

Easy Recipes in 5 or Less Ingredients!Are you tired of complicated recipes with hard to find ingredients? Are you looking for delicious and easy recipes with only a few simple ingredients?From the author of several bestselling cookbooks, busy mom and fitness enthusiast Alissa Noel Grey, comes a great new collection of delicious, easy to make family dinner recipes that will make you healthier, happier and more energetic than ever. This time she offers us 50+ comforting and enjoyable everyday meals inspired by the Mediterranean diet and full of your favorite vegetables, meats and legumes that are simple and easy to cook whether you need a quick weeknight supper or a delicious weekend dinner. Best of all â " each recipe only contains 5 ingredients or LESS!5 Ingredient Cookbook: Fast and Easy Recipes With 5 or Less Ingredients Inspired by The Mediterranean Diet is an invaluable and delicious collection of healthy and easy 5 ingredient recipes that will please everyone at the table and become all time favorites.If youâ ™re looking for some quick, easy, and healthy recipes to clean up your diets without sacrificing time or flavor, this recipe round-up is for you!***FREE BONUS RECIPES at the end of the book - Superfood Paleo and Vegan Smoothies for Vibrant Health and Easy Weight Loss!***

Book Information

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Customer Reviews

HEY GUYS, I COLLECT COOKBOOKS FROM EVERYWHERETHIS IS ONE OF THE BEST, FOR ME AT LEAST.IT IS SIMPLE, EASY AND FLAVORFUL.THE AUTHOR DID A GREAT JOB.

These are quick and simple recipes that will be a snap to make..I can’t wait to try them out soon.

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