



# **Natural Meals In Minutes - High-Fiber, Low-Fat Meatless Storage Meals-in 30 Minutes or Less!**

*Rita Bingham*

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*Natural Meals In Minutes.* An excellent cookbook of over 300 fast, simple, food storage recipes using grains, legumes, and sprouting seeds, in addition to fresh fruits and vegetables. Whether you're preparing for natural or man-made disasters, this book will show you how to make great basic meals from healthful, wholesome ingredients. Learn how to cook whole grains in only 3 minutes, cheeses and puddings in only 3 minutes, and complete meatless meals in 30 minutes or less!

This book contains delicious, low-fat, "heart-healthy" meals in these three easy-to-follow sections:

Introduction to Natural Foods - using whole grains and dried legumes (beans, peas and lentils).

Sprouting - techniques and tasty recipes for every meal of the day.

Powdered Milk - 3-Minute Powdered Milk Cheeses, Yogurt, and other milk favorites.

Breakfasts, Lunches, Dinners, Snacks and Desserts the whole family will love!

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