



Meals in Jars Cookbook: Healthy, Quick and Easy Mason Jar Recipes

Louise Davidson

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Meals in Jars are not only convenient and trendy but a healthy grab and go solution for every meal of the day!

Canning jars have never been more fashionable in the food world than right now. Aesthetically, the clear, transparent, glass containers give meals served inside them a clean and fresh look. The layers of colorful vegetables no doubt make healthy food look visually appealing. To offer meals in a jar is a great way of plating and scores high with food presentation. Apart from just making meals look good, these jars also offer practical solutions to your typical brown bag lunch or breakfast. For starters, they are perfect for controlling portion, allowing you to have a clear idea of how much starch, protein, and greens you are consuming per meal just by looking at the layers in the container. Imagine it as a mini food pyramid in a jar. At the same time, it provides an ingenious solution to the age-old problem of having sad-looking, soggy salads by the deliberate separation of the dressing from the ingredients. This keeps delicate greens fresh and crunchy all day long while still keeping meals compact within one container. You could prepare these ingredients beforehand and keep them in the fridge until ready to consume. They can be taken on the go and heated safely inside the microwave or the oven. Healthy eating is now officially cooler inside a glass jar, and this book provides you with ideas to enjoy dishes anytime and anywhere. Starting with a range of breakfast ideas, there are also lunch options, both vegetarian and non-vegetarian dishes, and lastly, healthy desserts for the sweet tooth. Most of these recipes can be easily modified to suit your diet requirements and taste preferences. And what you might not have tried yet is cooking with jars. Yes, it can be done! Chicken pot pie in jars, mac and cheese, quiche, and so much more. In this cookbook, you will find not only deliciously healthy salads but also hot and comforting meals, cold and warm breakfasts on the go, scrumptious desserts and much more. **Inside find:** • Tips for preparing meals in jars • Types of jars to use • Grab and go breakfast recipes like the Blueberry Apple Yogurt Parfait or the Baked Mushroom, Spinach and Onion Omelette • Quick and easy salad in jars like the Fresh Pesto Pasta Salad or the Taco Salad in a Jar • Hot and comforting meals like the Mini Crustless Broccoli and Cheddar Quiche or the Shepherd's Pie • Healthy snacks like Apple Nut Butter Dip or the Raw Trail Mix • Scrumptious desserts like Gluten-free Plum Crumble or the Chocolate Raspberry Mousse

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