



## Meals in Jars Cookbook: Healthy, Quick and Easy Mason Jar Recipes (Paperback)

By Louise Davidson

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.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...



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