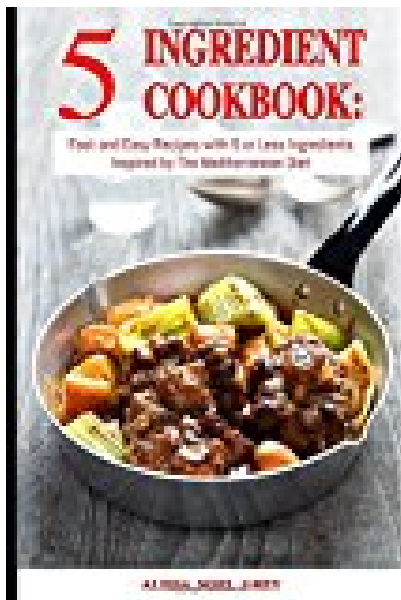


# 5 Ingredient Cookbook Fast and Easy Recipes With 5 or Less Ingredients Inspired by The Mediterranean Diet Everyday Cooking for Busy People on a Budget Mediterranean Diet for Beginners

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## BOOK DETAILS

- Author : Alissa Noel Grey
- Pages : 78 Pages
- Publisher : Independently published
- Language : English
- ISBN : 1520499132

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## BOOK SYNOPSIS

When you're short on time, you'll love these big-on-flavor, crazy easy meals. Cooking can sometimes involve mile-long ingredient lists and require more time than one cares to spend in the kitchen after a busy day. With Fast and Easy Five Ingredient Recipes you'll find over 100 recipes that only require five ingredients (or less) and use simple ingredients in unique ways. Recipes include: Southern Style Chicken Sliders Spinach Alfredo Lasagna Pulled Pork Carnita Tacos Homemade Pizza Pockets Peanut Butter Sea Salt Cookies Whether for weeknight meals or last minute dinner parties, these five-ingredient recipes will save you time and money...and they're delicious too!

### **5 INGREDIENT COOKBOOK FAST AND EASY RECIPES WITH 5 OR LESS INGREDIENTS INSPIRED BY THE MEDITERRANEAN DIET EVERYDAY COOKING FOR BUSY PEOPLE ON A BUDGET MEDITERRANEAN DIET FOR BEGINNERS**

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