



Mason Jar Meals: 30 Quick & Easy Mason Jar Recipes For Healthy & Delicious Meals

Melanie Trenton

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Mason jar meals are the latest cooking craze in kitchens across the US and abroad. Popular with moms & dads as well as artistic foodies, Mason jar cooking is made for the creative cook. Just about anything can be made in a Mason jar- from breakfast foods to dinners and everything in between!

It is a terrific way to serve healthy food in a flash, as well as control portion sizes. The attractively layered and colored jars will get even the pickiest eaters to try new dishes.

In her book **Mason Jar Meals**, Trenton presents 30 recipes that can be prepared for all types of meals. In her cookbook, she created recipes that can be used for breakfast, lunch, main dishes, soups, and desserts. From Spiced Pumpkin Pancakes, Chicken Cordon Bleu, and Mason Jar Sliders to Mason Jar Peach Cobbler- your family will love the delicious variety and tastes.

Cooking and serving food in Mason jars is exciting and fun. Pick up these fun and easy **Mason jar recipes** to get started with these creative Mason jar meals!

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