



15 Minute Meals - 99 Insanely Quick and Healthy Recipes

Rhian Lea

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Healthy and Quick 15 Minute Meals. 99 Easy Recipes for Your Busy Life

We've all been there. It's 8 pm and we just got home from a long day of work that was supposed to end two hours earlier.

We look around the kitchen and see nothing but potential meals that require too much time, too much effort, and, quite frankly, too much patience.

So, alas, we surrender and say, "Who am I kidding? I don't have the energy for this." We grab the nearest bag of chips and frozen pizza dinner and accept it as "dinner." However, life does not have to be that way. Although our busy schedules and hectic lives can often get the better of us, there are still ways to eat delicious, healthy meals without giving up too much of your oh-so precious time all you need is 15 minutes.

This 15 Minute Meals book will save you time and money

What you will find inside the 15 Minute Meals book:

- 99 quick and easy recipes for each meal of the day.
- 15 Minute Meals - Breakfast Recipes
- 15 Minute Meals - Lunch Recipes
- 15 Minute Meals - Dinner Recipes
- Recipes listed with both imperial and metric measurements to make life easier
- Links to Pictures of each of the 15 minute meals

Not enough hours in the day? Nonsense! This book will prove that there's always enough time to create meals that are just as good for your taste buds as they are for your health.

Here's a free preview 15 Minute Meals book:

"Avocado Volcano"

Continuing with our love for all things avocado, here's a great recipe for a 15 minute breakfast smoothie that's rich in nutrients and will keep you filled with energy. It also incorporates some cinnamon for anyone with an early morning sweet tooth craving.

Ingredients:

- 1 avocado
- 500 ml (16 Oz) of almond milk


- 50g banana
- 20g of walnuts
- ½ teaspoon (2.5 mL) cinnamon

Instructions:

• This recipe is so simple you can do it with your eyes closed! All you need is a blender. Put all ingredients into the blender, close the blender and uhm...yes that's it. It's great for mornings when you're rushing out

Do yourself a big favour! Buy this 15 Minutes Meals book now to spend less time cooking your meals from now on. You'll be glad you did :)

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From reader reviews:

Anthony McDonell:

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Edward Schanz:

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Joshua Allen:

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