



Quick Fix Healthy Mix: 225 healthy and affordable mix recipes to stock your kitchen

Casey Kellar, Nicole Kellar Munoz

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This must-have reference book is for all modern families. Get back to the basics and focus on planning and making your own healthy, quality, mixes for foods and drinks that will save you money. This book will show how to 'take control' of spiraling prices at the super market by making your own simple, and wholesome foods right at home. Spend a day or an evening and whip up enough food mix and cost savings to last a month or more! You'll get over 150 low-cost, healthy, wholesome, easy, homemade, green, recycled, space-saving ideas and how-tos with 'helpful hints' and noted cost-saving solutions for you and your family. And they're all easy to make. This is not your common cookbook.

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