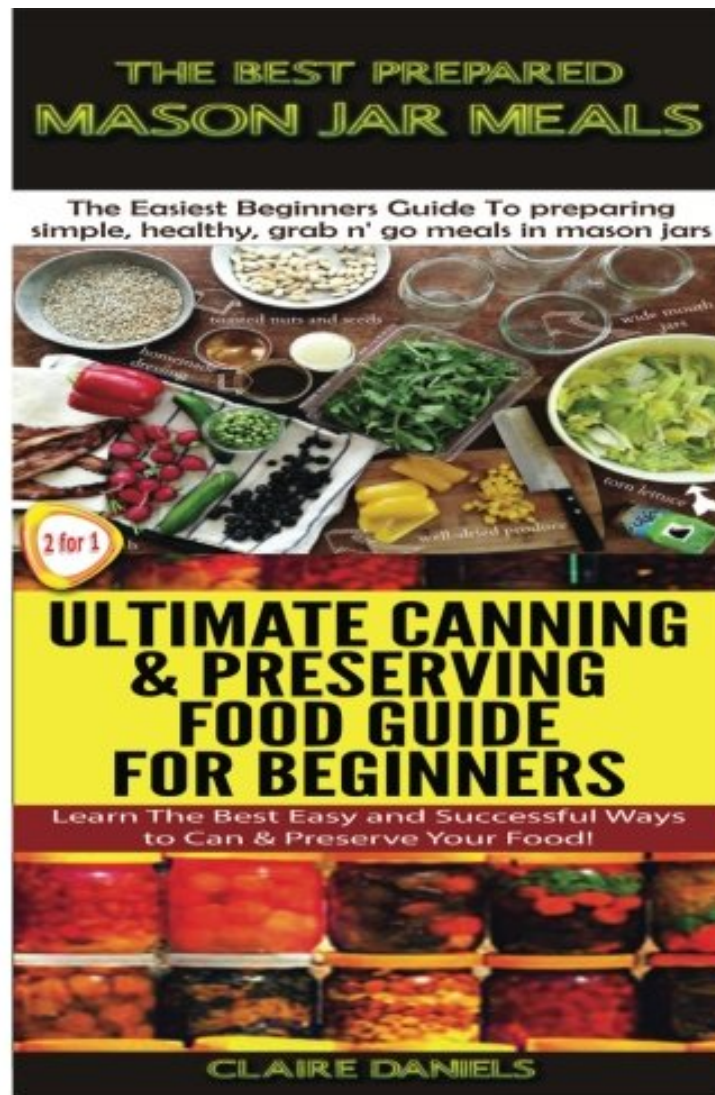


[E-BOOK] The Best Prepared Mason Jar Meals Ultimate Canning Preserving Food Guide For Beginners (Cooking Box Set) (Volume 4)

## The Best Prepared Mason Jar Meals Ultimate Canning Preserving Food Guide For Beginners (Cooking Box Set) (Volume 4)

*Claire Daniels*

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The Best Prepared Mason Jar Meals: The Easiest Beginner's Guide to Preparing Simple, Healthy, And Grab N'Go Meals in Mason Jars + Ultimate Canning Preserving Food Guide for Beginners: Learn the Best Easy and Successful Ways to Can and Preserve Your Food! Canning Preserving As we all know, our everyday foods have their respective "life spans." While some may last a little bit longer than others, there are also some that can't last for more than a week or even for a couple of days. More often than not, we are also not able to consume the food within its given shelf life. So, we just wish we are can prolong its freshness. If you face the same problem, here is good news for you: you no longer have to worry about wasting food because you can always can and preserve them! Food canning and preservation is the way that will help us prolong the shelf life of our food. If you are one of those people who have always been planning to do canning and preserving yet still haven't started because they do not know anything about this, then it is about time that you learn the basic how-tos of canning and preserving. Don't worry; this book will definitely be your best guide when it comes to canning and preserving. This book contains proven steps and strategies on how to can and preserve your food so that you will be able to prolong shelf life. Specifically, you will find the following topics in this book: • The basics of canning and preserving, as well as their benefits • The six basic methods of food preservation • The rules to follow when preserving food • The ingredients and equipment that you will need for canning and preserving food. Canning and preserving topics... An Introduction to Canning and Preserving Methods of Food Preservation Rules to Follow in Food Preservation Canning and Preserving Necessities Much, much more! Mason Jar Always wanted to know what Mason Jars are? Why is this process becoming so popular in everyday households? Want the advantages to knowing how to preserve and save food long-term? While enjoying the what your preserving without losing those flavors and most importantly nutrients we need and planned for when we originally made our meal! Need guidance, step by step to exactly begin making your own mason jar recipes? Meals? This is the book for you! Recipes, meals for every part of the day! This is what you get.... Mason Jars Overview Breakfast Meals Lunch Meals Dinner Meals Desserts Children's Meals Purchase your copy today!