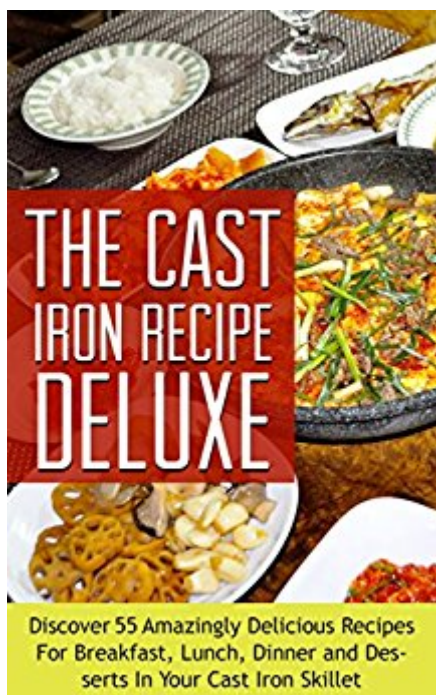


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The Cast Iron Recipe DeLuxe: Discover 55 Amazingly Delicious Recipes For Breakfast, Lunch, Dinner And Desserts In Your Cast Iron Skillet (Cast Iron Recipes, ... Iron Cookware, Cast Iron Cookbook Book 1)



Synopsis

Connect With A Heritage Of Healthy Cooking! Today only, get this Kindle book for just \$2.99. Regularly priced at \$5.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Are you looking for a different way to offer your family healthy foods? Have you considered trying to cook with an iron skillet, but feel it is too archaic to cook contemporary healthy foods? Long before non-stick cookware there were iron skillets that naturally provide a non-stick surface. Everything was cooked over wood stoves and campfires using all manners of iron cookware. Download this book TODAY and: Learn The Benefits Of Using Iron Cookware. Discover How Versatile You Can Make Your Menu. Learn How To Care For Your Iron Cookware. Learn The Health Benefits Of Using An Iron Skillet. If you have always wanted to try iron skillet cooking here is your chance! Download this book NOW and: Learn A Myriad Of Recipes That Will Satisfy Everyone. Discover Healthy Meals That Are Given In Step-By-Step Directions. Find Easy Ways To Make A Diversified Meal Plan. Begin Cooking Great Meals Right Away! Create the most delicious and nutritious meals ever using an iron skillet. Download this book TODAY and get ready for culinary fun! Download your copy today! To order, click the BUY button and download your copy right now! Tags: cast iron, cast iron cooking, cast iron cookware, cast iron cooking recipes, delicious recipes, cast iron cookbook, cast iron recipes, Cast Iron, Cast Iron Recipes, Breakfast, Lunch, Dinner, Dessert, Cast Iron Skillet

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Customer Reviews

There are some good recipes in this cookbook, but absolutely no pictures. It would have made the book some much better with just a few pictures.

Wow, I really am very impressed with the quality and content of this recipe book. I was really focusing on afternoon type recipe meal but this book offers that and more! (dinners, snack and breakfast!) which can all be prepared and made within a cast iron pan! Thanks Susan :)

This is a good book to teach you how to cook many meals with cast iron cooking recipes. The meals are all healthy and wholesome.

More recipes than most of us can handle. 55 recipes take a lot of time to try out but I will definitely try to at least make a few of them. Nice and clear instructions and with a nice variety as well. Definitely a great recipe book if you are in to cast iron cooking.

There are some great recipes in this book. I simply adore using my cast iron, and have for over 30 years, so it's refreshing to get new ideas. Only problem I found was no ingredients list for the sweet potato hash.

very good recipes easy and one skillet makes for easy cleanup. I recommend this cook book download today and have something new and yummy for thanksgiving

Great to help with the transition to a healthier diet!

A well written book with dozens of recipes for even the most fussy of eaters. With meat, fish and vegetable recipes on the list

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