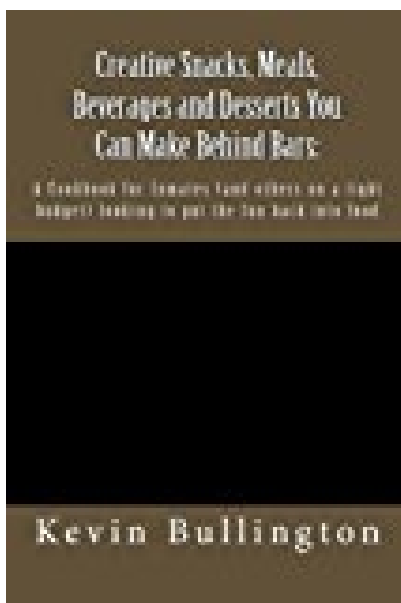


# Creative Snacks Meals Beverages and Desserts You Can Make Behind Bars A Cookbook for Inmates and others on a tight budget looking to put the fun back into food

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## BOOK DETAILS

- Author : Kevin Bullington
- Pages : 60 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1482322161



## **BOOK SYNOPSIS**

This cookbook was made to introduce a new style of eating. The prison population in America is steadily rising. Because of that and the nationwide budget cuts, meals in prisons are getting cheaper. Think processed "mystery" meats and soy imitations. Think endless bins of overcooked squash... With a little creativity, inmates have developed a way to cook and eat food that reminds them of what they're missing in society. The author was incarcerated for nine years and came across many really good recipes and developed others. They are compiled here for people in prison, and also those in the "free world" who are trying to feed themselves on a budget. The author believes that prison life varies from place to place and, like anywhere else in life, there is good and bad stuff going on. Cooking is definitely something good. It's a great way to pass the time, feel better and bring people together. Recipes include: lunches, dinners, desserts, snacks and beverages.

**CREATIVE SNACKS MEALS BEVERAGES AND DESSERTS YOU CAN MAKE BEHIND BARS A COOKBOOK FOR INMATES AND OTHERS ON A TIGHT BUDGET LOOKING TO PUT THE FUN BACK INTO FOOD** - Are you looking for Ebook Creative Snacks Meals Beverages And Desserts You Can Make Behind Bars A Cookbook For Inmates And Others On A Tight Budget Looking To Put The Fun Back Into Food? You will be glad to know that right now Creative Snacks Meals Beverages And Desserts You Can Make Behind Bars A Cookbook For Inmates And Others On A Tight Budget Looking To Put The Fun Back Into Food is available on our online library. With our online resources, you can find Applied Numerical Methods With Matlab Solution Manual 3rd Edition or just about any type of ebooks, for any type of product.

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