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Microwave And Mini Fridge: College Dorm Recipes And Cooking Made Easy: For Those Days When Dining Halls And Day Old Pizza Just Doesn't Cut It



Synopsis

Every year tens of thousands of students leave home to attend college. While these can be exciting times, they may also prove to be stressful times. Between homework, mid-terms and the pure stress of being away from one's family and friends, students can often feel overwhelmed and forget to take care of oneself. In addition to getting enough rest, physical activity and maintaining personal safety it is essential that students maintain a healthy, well-balanced diet while away at university. Learning to cook for oneself is not only healthy but also fosters independence, develops creativity and builds resilience in knowing that regardless of what life brings, you can take care of yourself. The problem with most college cookbooks today is that they completely ignore the limitations placed on students with regards to what is and is not allowed in most university dorm rooms. With a Microwave and Mini Fridge, all a student really needs are the basic allowable appliances that can be found in any dorm room across America: a Microwave and a Mini Fridge.

Book Information

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Customer Reviews

I bought this cookbook for my daughter who's in college. I thought I would try out some recipes first to help her out. The ingredients in this cookbook are things I don't buy or have at home, how on

earth would a college student have these things? This cookbook is meant for a single person living in an apartment not a college student in a dorm. It was a waste of money and I was very disappointed.

In my junior year I skipped on purchasing a meal plan hoping to save some money on traveling to Europe in the summer term. Having no meal plan I had to cook for myself and without a nifty kitchen to work with the Microwave and the mini fridge were my key players in surviving college. Without This book I would have had a much more difficult time keeping my meals varied more or less healthy and within budget. It saved me time and money and I ended up actually losing some weight I gained in my freshman year! Go Carmen Nelson!

"Finally a cookbook for a REAL college student! Every other "college" cookbook I've come across require an oven/stove... which are not even available in most dormitories!!! I love how this cookbook provides simple, semi-healthy recipes that are totally doable and actually taste good. My only complaint is that I NEED MORE RECIPES!!! I know in the intro she said she wanted to keep it short, but I'm soooo ready for her next one to come out. CARMEN!!! Are you listening?!? We're ready!!! Hurry up and finish your next cookbook!"

This is much better than some of the other microwave cooking guides that I've read, today even. I have a few new ideas to try. There is a slight mistake in the sweet vs savory bagel section (sweet was used instead of savory for a section. Some kids might get confused and mix it up). I have no complaints over the content at all! Great starting point! Thanks for the book!

"If I could give this book a 4.5 I would. Pros: Great recipes that are practical for a dorm and actually taste good. Cons: Need more recipes and I hate how microwave temps vary from one microwave to the next. I had to play around with the cooking times because I have a "weird" microwave. Obviously this is not the author's fault, but it's just annoying that all microwaves can't cook the same! Ugh. Other than that, I look forward to her next cookbook and I hope this time she has more recipes."

"Just finished the Miso Ramen Recipe and did the Kale Bowl last night... all I gotta say is, How do I pre-order her next cookbook???"

When you think of "microwave" you don't necessarily think of "healthy"-- but some of these recipes are just that. Great buy!

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