14 Make-Ahead Crockpot Freezer Meals Prepared & Ready In A Few Hours

Categories: Cooking, General, Recipes

If you are really busy and struggling to find the time to eat healthily, and let's face it, who isn't? This could be right up your street...

Most people are rushed off their feet in the evenings after work/school etc, but they have more time at the weekend. Why not take a few hours on the weekend to knock up these 14 tasty and nutritious crockpot (slow cooker) meals ready for the days ahead. When you want meal, just take it out of the freezer in the morning, set your crock pot timer etc and come home to the smell of delicious home cooking. Head over to 'kojodesigns' and get the recipes and instructions!