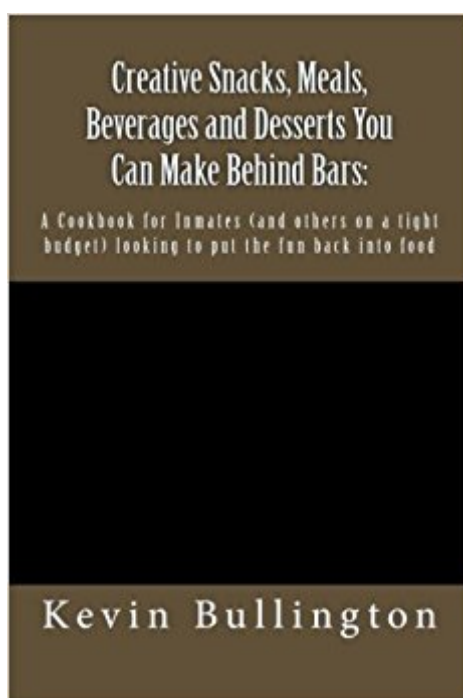


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# **Creative Snacks, Meals, Beverages And Desserts You Can Make Behind Bars:: A Cookbook For Inmates (and Others On A Tight Budget) Looking To Put The Fun Back Into Food**



## 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.

## Book Information

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## Customer Reviews

Full disclosure before you read this: I'm the editor of this book and felt I had to respond to two previous reviews. One: The reviewer who said "crushed cookies, that's a recipe!?" This is absolutely not a recipe in this book. If you're interested in buying the book, click on it and take a look at the first few recipes that are shown. They are not overly simple. Two: The reviewer who said the book was outdated and the supplies aren't available in their state. Really? Ketchup is not available in California? This book was written by an actual former inmate who worked very hard on it and wrote it based on his own experiences regarding the food that he was able to obtain and, no, a wide variety of cooking supplies is not available in prison. Thus, the book is creative and innovative. I have

personally tried a number of the recipes and they are excellent. This book is also the result of a smart and original idea, not to mention an attempt to help current inmates who are often given very low quality food to eat (as well as to help them combat boredom). The negative swipes at a book that was written and edited with compassion for others are pretty low, in my opinion. It's so indicative of so many customer reviews that tear books, movies and more apart without the slightest development of carefully crafted argument or regard for the feelings of others. I guess that's why so many people write reviews under a fake name or a screen name. You'll notice all my reviews contain my full name. I stand behind what I write and what I edit. Finally, the cost of this book could have been higher. It certainly has sold extremely well. But a decision was made to keep it as low as possible so that as many inmates as possible could afford it. Books are one of the few items that inmates are allowed to have and buying books to help get them through can become expensive. Look at other books for inmates. Few, if any, have set their prices so low. This largely was a project that wasn't about making money but about helping others -- not just inmates, but those who are on a budget and want to break away from the same foods over and over again. As a former struggling college student with almost no money to speak of who pretty much survived on spaghetti, I can relate to that and that's another reason I like this book. I would love to hear some thoughtful reviews from others who have tried the recipes and know what you think!!!

I absolutely love this book. It has all kinds of recipes. The recipes are very easy to follow with step by step instructions. All of the recipes are so quick easy to make. It has the best cup of soup recipes and really good desserts.

No secrets; what every one knows

Great book if you in free outside. But if you in prison if not much available in the commissary to do all those in a microwave.

Great ideas.

Some creative ideas for food items when you don't have a lot of food selections or prep area.

Hubby enjoyed the book. Great ideas just dont have access to all the ingredients or tools

good info

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hip joint pain, hips)

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