

How should PUGs be stored?

Most recipes in this book are capable of non-refrigerated storage for up to 10 days at temperatures around 70° F, but refrigeration is recommended. A number of the recipes in this book were frozen for up to 7 months with excellent results.

Can I take PUGs backpacking, hiking, in my car?

A number of the recipes in this book were tested on a week long camping trip. They were stored in a cool area when possible and held-up just fine. Slices of PUG cut-up into 3rds (squares) and sealed in a zip lock bag make nice bite size pieces for an on-the-go meal.

Can you toast PUGs?

Yes. It's really more of a warming process and works quite well. A coating of fruit jam on a slice of PUG makes a filling meal.

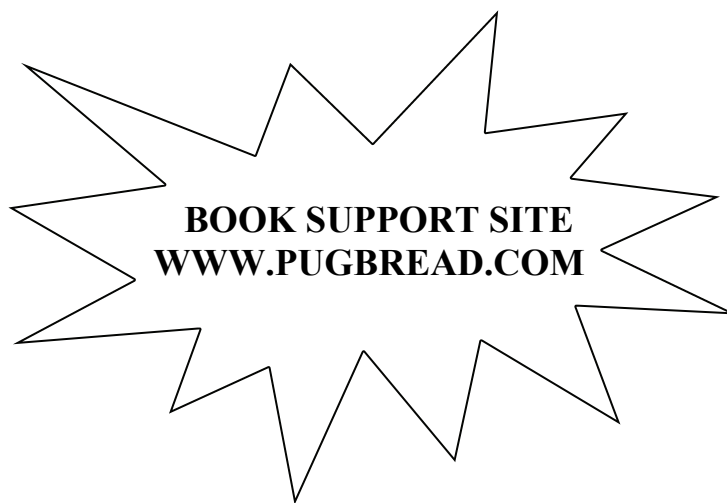
What gives this book its value?

Good things come in small packages. This book *cuts to the chase* and contains a tremendous amount of well designed information to help make your life simpler. Each recipe is *engineered* for easy visual preparation and has a shopping guide (not just a list) on its reverse side that can be taken to the store to make that task quick and painless.

The handy **Kitchen Measurements Chart** (pg 23) was specifically designed for making PUGs. You can keep it in your kitchen or take it along to the grocery store.

The unique **E-Z Nutritional Comparison Chart** (pg 25) lets you look at ingredients in 1 Cup measurements so you can thoughtfully design a PUG to meet your own nutritional requirements.

Finally, with this book and very little effort, you have the ability to make two or three months of nutritious (portable) breakfasts in just a few hours work.



“Be careful about reading health books. You may die of a misprint”
-Mark Twain