

PREVIEW_ Maria Emmerich - Interview (Breckenridge 2017) 2

Maria Emmerich: My kids' favorite is the protein noodle lasagna. And it is so much easier than making regular lasagna. You don't even have to boil the noodles. You get organic shape deli meat or you could even shape it yourself and using that as the noodles, but the texture is a lot like a noodle, and so if I get everything out, I'm a very busy person.

A lot of people say, "I don't have time to cook." Well maybe we just need to refocus our priorities. Just being a busy mom myself, I also homeschool my kids and so I do not have the time.

But when I do have the time I plan ahead and if I make that protein lasagna I make about four of those and then I freeze the other three unbaked, and then on a busy day all I have to do is I put it in the delay timer frozen and I put the delay timer on so it's finished for dinnertime. And I did nothing, like the oven did it for me.