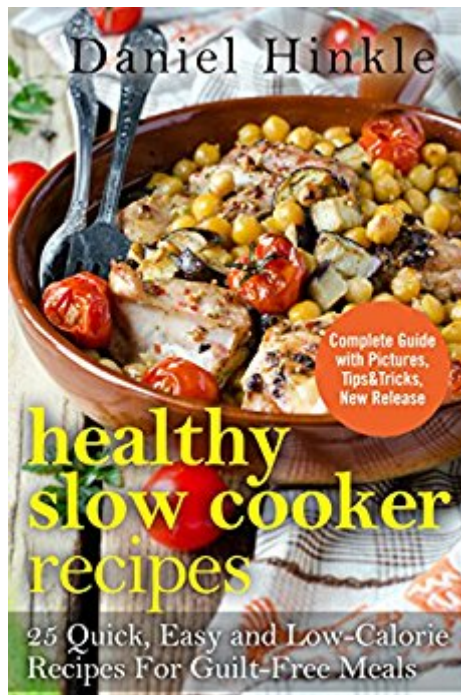


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Healthy Slow Cooker Recipes: 25 Quick, Easy And Low-Calorie Recipes For Guilt-Free Meals



Synopsis

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Chen Soso Split Pea and Mushroom Soup BigWay Slow Cooker Onion Soup Topos Garlicky Cauliflower Pizza Chunk Parlor Creamy Broccoli Soup Poi Pot Slow Cooker Ropa Vieja Floq Brasserie Italian Beef Roast with Veggies Chunkers Chicken and Pasta Soup Doodlebug Minced Beef and Cabbage Soup Slowly Cooked Uni Dumplings with Turkey Want to Know More? Check, What Other People Think - The book is very useful, concise, and surprisingly detailed. I highly recommend this book to anyone who loves healthy food - Bryan Smith - Daniel has shown us how truly delicious, easy, and healthy the recipes can be. I can't wait to make good quality beef stew! - Jason Stewart - This is a wonderfully written book for busy moms and healthy eating enthusiasts! - Jacob Key

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Customer Reviews

I love my slow cooker and always looking for new recipes to try out. While there are some great recipes in this book, there were 2 things that I found a little disappointing. First is that the picture on the front cover looks so delicious but unless I am missing something, that recipe is not included in the book. Another thing was that the description says that there are not a lot of processed foods used in these recipes. I disagree with that statement as some of these recipes use condensed soup and canned broth. One uses canned refrigerated biscuits. Again, great recipes but the description is misleading.

Cooking has never been easier with my slow cooker! And this book has proven that to me once more! I have acquired a lot of new recipes from this book. And I love that its has easy and low calorie recipes that I would definitely try! All those 25 recipes are worth a try! And each one looks so delicious! I recommend this to my friends and they said that they will try to have it, too! Thanks a lot for sharing this book to millions of people!

Healthy AND delicious don't always go together. That is why we prefer junk food over healthy food. This recipe book however has been able to tie the two together and I am more than happy with the results. I've been using my slow cooker more and more and this recipe book may make it the stable

of my cooking routine. I have thoroughly enjoyed the recipes I have made and I am looking forward to many more. I would recommend to anyone.

I was asked by the author to share my honest thoughts about this book. After reading it, i can honestly say that this is a high quality book. This book contains really great recipes for people that enjoy the art of slow cooking, such as Onion Soup, Chicken and Pasta Soup and the delicious Cauliflower Pizza. As you can see, this book will give you great recipe ideas, so i really recommend this book!

Healthy Slow Cooker Recipes: 25 Quick, Easy and Low-Calorie Recipes For Guilt-Free Meals Recipes include a color photo, cook time, servings and ingredient list along with directions on how to make the dish. There is no nutritional information and not all the dishes are healthy-some have high doses of sodium. Desserts and drinks are also included.

I liked all the recipes so so much. I asked my wife to make several. This recipe book contains many healthy and useful recipes, which can be used on daily basis as are not hard to be made! Thanks for such a great book!

This is book provides the best recipes and cooking/baking advice. Their recommendations are true to form, and I have every cookbook they have written. Now, we come to one of the best. This is touted as a Healthy Cookbook Recipe, and it delivers. I can see this as a wonderful Wedding Shower gift or for anyone who is cooking for one or two.

I'm not a type of cooking lover. But I want to try something new. So I decided to grab this slow cooker recipes. And this book is not disappointed at all, it includes all picture, easy-to-follow recipes and healthy too! Most helpful is tips on how to do each recipe. So I can continue make a delicious disks myself. Thanks to the author.

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