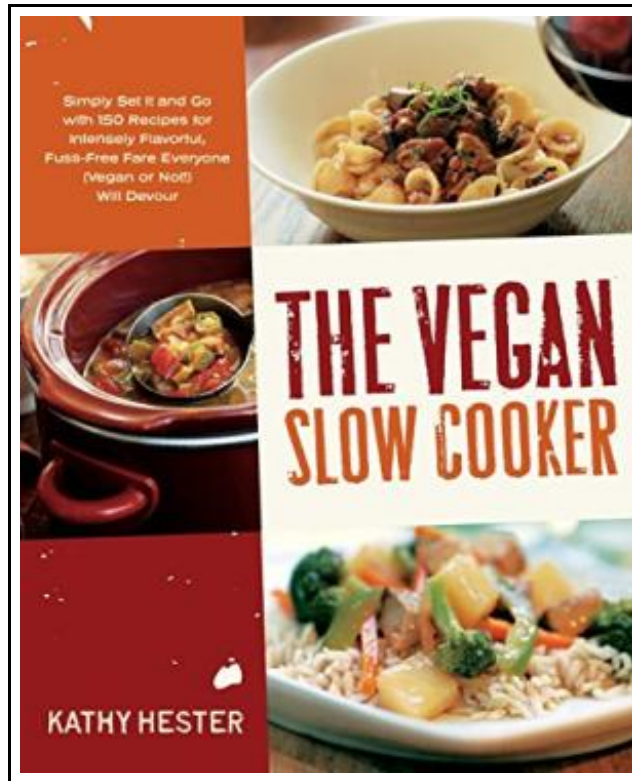


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Fair Winds Press. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 9.1in. x 7.3in. x 0.7in. Kathys stellar recipes and straightforward instructions will have you creating hot, fresh, gourmet meals in just minutes a day. No more slaving away in the kitchen. With The Vegan Slow Cooker, you'll be eating like a queen with just the flip of a switch! Rory Freedman, author of the 1 New York Times bestseller *Skinny Bitch* This book might just revolutionize vegan cooking! Kathy Hesters recipes are ridiculously fast and easy, unbelievably delicious, and believe it or not cheap. Bravo, Kathy! Kathy Freston, New York Times best-selling author of *Veganist*, *Quantum Wellness*, and *The Quantum Wellness Cleanse* The Vegan Slow Cooker is a fantastic collection of mouthwatering, fuss-free, easy-to-make vegan recipes. From curries, dals, and steamy stews to casseroles, breads, and decadent desserts, you'll be serving up delicious slow-cooked meals every day of the week. Julie Hasson, author of *Vegan Diner* The health advantages of a plant-strong diet are compelling and well proven. But preparing yummy meals that are wholesome can be time consuming. That's where this book comes in. Slow cookers can be huge labor and time savers, if you know how to use them. This is the book that will show you how. John Robbins, author of *The Food Revolution*, *The New Good Life*, and *Diet for a New America* If you want to prepare hot, nutritious, home-cooked meals for your family and friends, but feel like time is never on your side, think again! The Vegan Slow Cooker shows you how to create fresh, nourishing cuisine in just two simple steps, using all the healthiest produce, whole grains, and vegan-friendly ingredients found at your local market or farm stand (or home garden!). Author and slow cooker expert Kathy Hester, founder of the blog *Healthy Slow Cooking* ([www.healthyslowcooking.com](http://www.healthyslowcooking.com)),...

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