



## Healthy Slow Cooker Cookbook: 150 Fix-And-Forget Recipes Using Delicious, Whole Food Ingredients

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By Rockridge Press, Pamela Ellgen

Rockridge Press, United States, 2015. Paperback. Book Condition: New. 231 x 188 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.From the creators of the New York Times bestseller Paleo Slow Cooker comes a collection of slow cooker recipes that offer affordable, convenient meals without artificial additives or processed foods. Eat only the most delicious, nourishing ingredients and follow simple, fix-and-forget meal preparations with The Healthy Slow Cooker Cookbook. 150 healthy twists on slow cooker classics like Cheese Fondue, Texas-Style Pulled Pork, and Sage and Pumpkin Mac n Cheese Fix-and-forget recipes that require less than 15 minutes of prep time and no interruptions in the cooking process Helpful tips and tricks for cooking with fresh, whole food ingredients, including delicate herbs and seafood Nutritional information to help you keep track of calories, fat, protein, carbs, sugar, and sodium Recipe tips that highlight ingredients that pack a nutritional punch, like coconut oil, kale, and more.



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