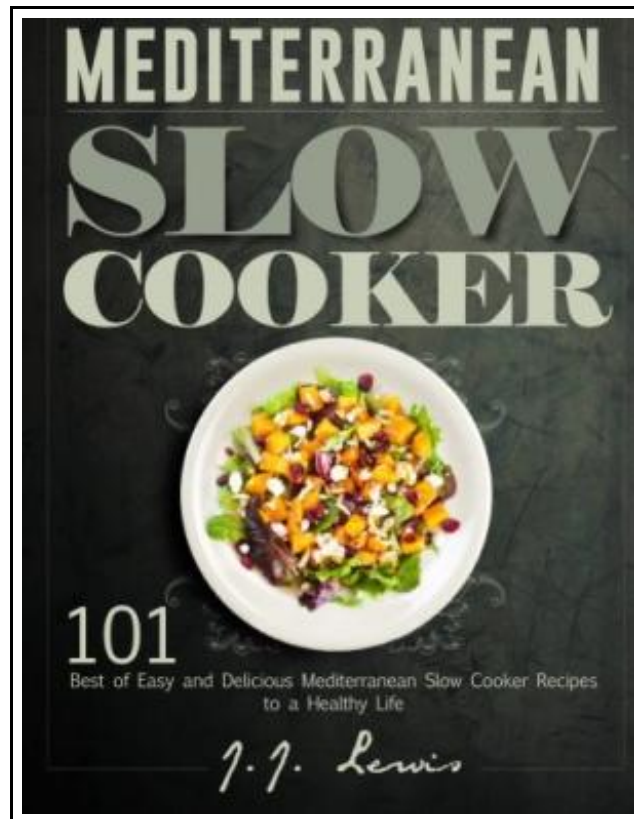


Mediterranean Slow Cooker: 101 Best of Easy and Delicious Mediterranean Slow Cooker Recipes to a Healthy Life



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Looking for some variety in your diet while getting healthier? Tried many diets already, but can t follow through? You have to try the recipes in JJ Lewis Mediterranean Slow Cooker cookbook! This cookbook of JJ Lewis offers recipes that will be a delight for your taste buds and a blessing to your body. JJ Lewis is a highly decorated chef and author of several cookbooks. She also contributes to countless recipe collections. Her recipes and writing focus on healthy dishes and kitchen hacks that will not only give you the figure you dream of, but also the physical wellness you need. She s an innovator who loves to try out new combinations of flavors and nutrient mix. She s undergone a lot of training and has attended classes with many of world s best cooks. Mediterranean slow cooking will give you a celebration in the mouth while you are making yourself healthier! Mediterranean cuisine include heart-healthy olive oil, protein-rich legumes, fish and whole grains with moderate amounts of wine and red meat. The flavors of the food are rich and their health benefits are hard to ignore. People who follow the diet have been found to have a lesser likelihood of developing high blood pressure, elevated cholesterol levels, obesity. Therefore, while you are enjoying the exotic meals that the diet offers, you are promoting good health for yourself. Here are the delectably healthy meals that you will learn to cook in JJ s cookbook: Crock Pot Mediterranean Pork With CouscousSouthern Italian RatatouilleMediterranean Lentil Soup with SpinachVegetarian Enchilada Casserole9 To 5 Mexican Crock Pot ChickenGain a better heart and a smoother blood flow! The foods...



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