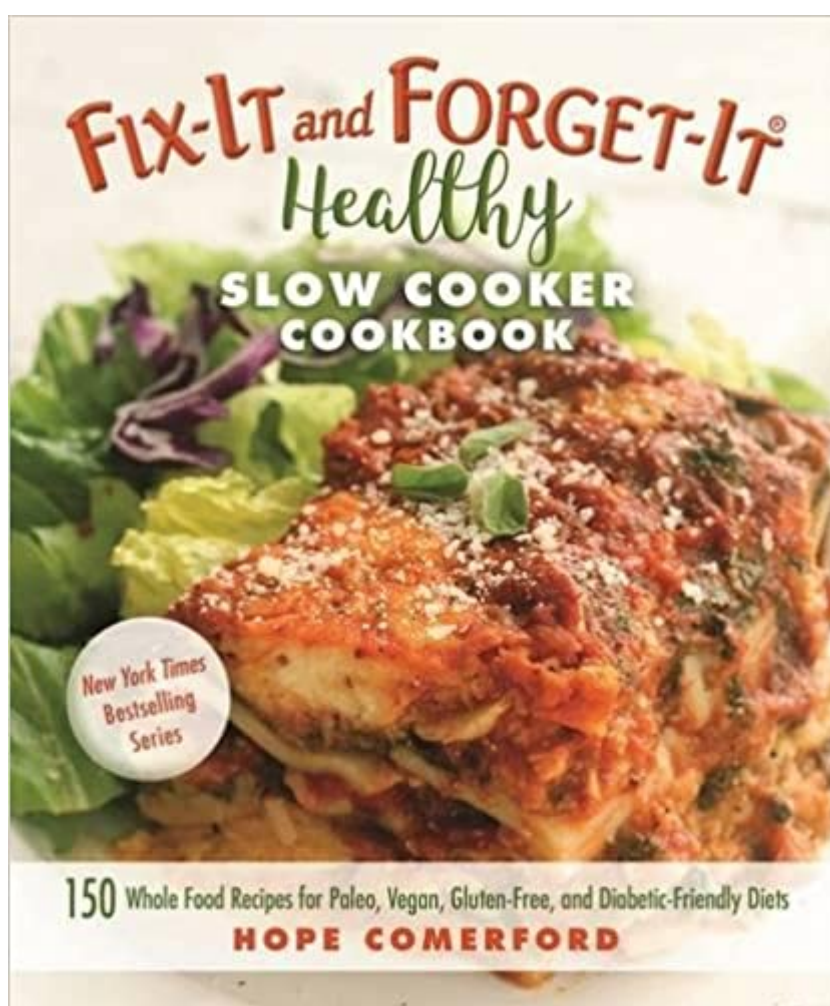


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# Fix-It And Forget-It Healthy Slow Cooker Cookbook: 150 Whole Food Recipes For Paleo, Vegan, Gluten-Free, And Diabetic-Friendly Diets





## Synopsis

Here are the best-loved healthy slow cooker recipes all in one place. Whether your body responds best to a gluten-free, vegan, paleo, low-fat, or low-sugar diet, you will find dozens of easy and delicious recipes that will make dinner a snap. You can trust these recipes because they are: Collected from some of America's best home cooks Tested in real-life settings Carefully selected from thousands of recipes Everyone wants to feel like a smart cook, but it's tricky when you're navigating food sensitivities or allergies, different ages, and different dietary needs. Fix-It and Forget-It Healthy Slow Cooker Cookbook has something for everyone, with each recipe tagged to indicate if it is:

Gluten-Free Dairy-Free Paleo Diabetic-Friendly Low-Fat Vegetarian Vegan Indexes in the back list recipes by healthy category for easy reference. Finally, a cookbook that makes dinner easy, even for families with diverse dietary needs!

## Book Information

Series: Fix-It and Forget-It

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## Customer Reviews

Hope Comerford is the new author and face of Fix-It and Forget-It cookbooks. She has been the blogger behind *A Busy Mom's Slow Cooker Adventures* for the past six years and is the author of *The Gluten-Free Slow Cooker* and editor of *Fix-It and Forget-It Lazy & Slow Cookbook*. She is passionate about slow-cooking and writing healthy, delicious recipes. She lives in Clinton Township, Michigan.

Exactly what I was hoping for. Lots of slow cooker books have recipes filled with short cut ingredients that contain ingredients we don't use. This one is filled with from scratch recipes and most of them are not something I already make in my slow cooker. Excited to try a bunch of these new recipes!

Love this book. So far everyone has loved what I have made.

Very enjoyable cookbook full of easy and healthy recipes! Simple ingredient lists and not too many expensive or hard to find specialty items required. I cut a lot of these recipes in half since there are only two of us, but if I do make a whole recipe a lot of the food freezes well. I deducted a star because there are a few duds-- such as the orange chicken. A few of the recipes can also come out a little bland if you follow the recipe exactly, so some doctoring is needed from time to time. I especially like that there is a nutritional breakdown for each recipe, showing calories, sugar, carbs, protein, etc, per serving. Each recipe is also conveniently labeled if it's vegetarian, gluten free, Paleo friendly, etc. Overall one of the best slow cooker cookbooks I've used. Most of the things I've made have come out fantastic!

Absolutely fantastic!! This is the first time I have written a review and feel I must because this cookbook so terrific! Every single recipe that I have tried is delicious!! I've never had much luck with crock pot recipes until this!

I have three slow cookers, in different sizes. Hope Comerford's Fix It and Forget It cookbooks offer a great variety of easy, easy to follow recipes..

so many good recipes, i especially like the breakfast oatmeal ones. make enough for the workweek, can reheat in the microwave in a rush in the morning yet still have a healthy breakfast.

Having several Fix-it and Forget-it books, this was exactly what I wanted.

This was a gift, she loved it...

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