



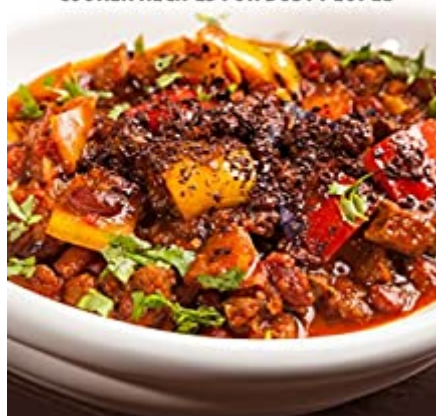
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# Slow Cooker Recipes: 60 Easy, Delicious Easy And Healthy Slow Cooker Recipes For Busy People

## 60 SLOW COOKER RECIPES

DELICIOUS, EASY AND HEALTHY SLOW  
COOKER RECIPES FOR BUSY PEOPLE



JESSICA FRIEDMAN



## Synopsis

We've all heard of Slow Cookers, but what are the benefits of using one? Did you know how many recipes could be made with your crockpot? The possibilities are endless! In this book, you will learn: - 7 Benefits of Slow Cookers: Did you know that slow cooker meals are lower in fat, free up more time for doing other things, and are safer than an oven or stovetop? In the introduction to this book, you will learn what benefits you'll be missing out on by not using your slow cooker. - Easy and Tasty Meals: Throughout all six chapters of this book, you will be given more than 70 different recipes to try at home. They are all simple enough for anyone to do, but tasty enough to seem complicated. - The Importance of Health: Healthy eating is vital to thrive in life. For anyone who wishes to live a full life and be on the planet as long as possible, this simply shouldn't be ignored. At the introduction of each chapter, we will cover a little bit about the importance of health, then give you 10 (or more!) recipes to help you reach your personal health goals. Whether you wish to feel better, extend your life, or lose weight, the food within this book will help you do so, while saving time and money with your slow cooker. Impress your friends and family with your new cooking abilities after reading this book!

## Book Information

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## Customer Reviews

We usually slow cook our dinners therefore we need a constant source of inspiration because we're frequently running out of new recipes and ideas. This book will definitely provide us with a lot of new ideas because it comes with lots of new recipes. Furthermore, the cooking instructions are very easy to follow and the ingredients lists are quite clear. We also appreciate the fact that the author has done efforts to include nutrition information and pictures in each of these recipes. Would certainly recommend this cookbook to all our friends.

We typically moderate cook our meals in this manner we require a consistent wellspring of motivation since we're as often as possible coming up short on new formulas and thoughts. This book will furnish us with a ton of new thoughts since it accompanies loads of new formulas. Moreover, the cooking guidelines are anything but difficult to take after and the fixings records are very certain. We likewise welcome the way that the creator has done endeavors to incorporate sustenance data and pictures in each of these formulas. Would absolutely prescribe this cookbook to every one of our companions.

I like several things about this book: first of all, most of the recipes are pretty easy to cook and you just have to do the preparations; the hard work is being done by the slow cooker. The second thing that I like is that this cookbook has pictures for all the recipes inside it: this is very helpful when you don't know how the food should look like :). Another thing that I love about it is that it each recipes comes with a lot of nutrition info ( I am focused on the calories number but some other people might be interested in knowing other types of nutrition information)

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Very good book for eating clean. A lot of the recipes actually sound like they aren't just healthy but will taste great. The ingredients aren't hard to find and everything seems pretty simple to prepare. It is definitely made with the idea of large quantities made at once. So, if you are wanting smaller

meals and more varied, you will have to adjust the amounts. I would say it is a great book for those looking for healthier recipes and to use their crockpot more.

I like this book because the recipes don't require a lot of ingredients and the directions are easy to follow. Furthermore, it is very well written, easy to understand, and pricing is good, too. This book is a must for every person that uses crockpots or slow cookers. I also like the fact that this cookbook is focused on how to prepare your slow cooked meals instead of focusing on how to operate the slow cooker (everybody knows how to use it).

This is most definitely one of the best cookbooks on the market: it comes with pictures of all the meals which have been prepared by using these recipes (not many cookbooks have pictures), the ingredients list are easy to check and the cooking instructions are quite easy to follow. The slow cooked meals are very healthy. The cooking process is fairly easy, too, because the hard job is being done by the slow cooker.

If you're looking for a book that can help both experts and beginners at slow cooking, then this book is for you. This is not an ordinary slow cooker cookbook, it contains information that a beginner should know. Recipes included in this book offer you what you need the most – delicious and nutritious meals. I would recommend this book to anyone new to slow cooking, regardless of their level of cooking expertise.

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