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SLOW COOKER EASY AND HEALTHY COOKBOOK: 250 NEW, QUICK AND EASY RECIPES FOR A HEALTHY FAMILY (PAPERBACK)**DOWNLOAD PDF**

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Quick And Easy Way To Eat Clean And Healthy Meals With Less Stress! Eating right when you're always on the run isn't easy-especially when you have to worry about budgeting the time to find and prepare a recipe. No one knows this better than Anna Jones, whose own demanding schedule led her to develop easy, healthy recipes for her slow cooker. Sharing those nutritious and no-fuss recipes here for you to savor, Slow Cooker Easy and Healthy Cookbook makes fitting a healthy lifestyle into your busy schedule a piece of cake. The Slow Cooker Easy and Healthy Cookbook contains: -250 Low-Calorie and High-Nutrient New Recipes for dairy-free, gluten-free, vegan, vegetarian, and paleo dishes, with detailed nutritional information -Recipes with 15 Minutes of Prep Time to help you maximize your time and minimize your effort -Helpful Tips on how to adapt your favorite recipes and make the most of your slow cooker Recipes in The Easy and Healthy Slow Cooker Cookbook include: appetizers, desserts, breakfast, lunch, dinner, special soups, savory salads, soups, muffins and chickens, Paleo Sweet Potato Hash, Banana Nut Oatmeal, Tex-Mex Soup, Lentil and Tomato Stew, Chicken Pad Thai, Butternut Squash Risotto, Ratatouille, Falafel, Chicken Cacciatore, Steak Fajitas, Rice Pudding, Berry Crisp, and much more! Get your fast fix to healthy meals with The Easy and Healthy Slow Cooker Cookbook!

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