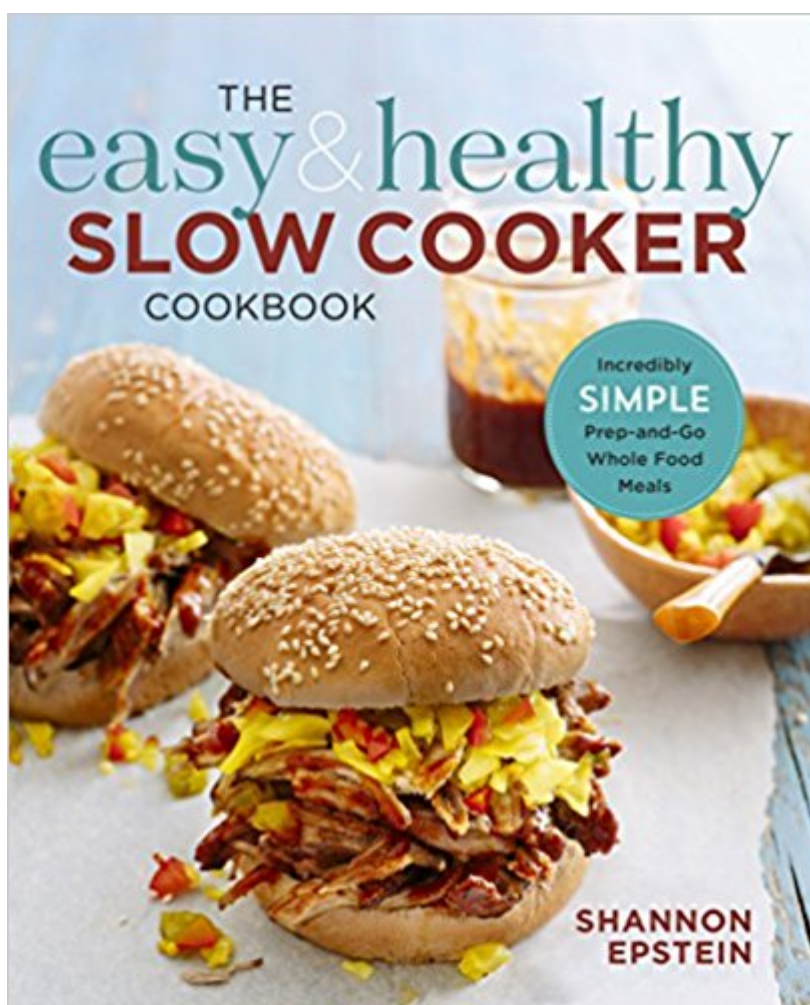




Ebook Directory
the best source of ebook

The book was found

The Easy & Healthy Slow Cooker Cookbook: Incredibly Simple Prep-and-Go Whole Food Meals



Synopsis

Simmer down and relax with hands-off, hearty meals from The Easy and Healthy Slow Cooker Cookbook. 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 Shannon Epstein, 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, The Easy and Healthy Slow Cooker Cookbook makes fitting a healthy lifestyle into your busy schedule a piece of cake. The Easy and Healthy Slow Cooker Cookbook contains: 125 Low-Calorie and High-Nutrient 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 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!

Book Information

Paperback: 194 pages

Publisher: Rockridge Press (September 19, 2017)

Language: English

ISBN-10: 1623159679

ISBN-13: 978-1623159672

Product Dimensions: 7.5 x 0.5 x 9.1 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #68,026 in Books (See Top 100 in Books) #25 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Casseroles #62 in Books > Cookbooks, Food & Wine > Cooking Methods > Cooking for One or Two #158 in Books > Cookbooks, Food & Wine > Cooking Methods > Slow Cooking

Customer Reviews

Shannon Epstein is the author of the popular food blog Fit Slow Cooker Queen. Shannon began developing recipes for her slow cooker at a time when her craving for healthy meals did not fit into

her busy schedule. Learn more at fitslowcookerqueen.com.

[Download to continue reading...](#)

Slow Cooker Recipes: 2,000 Delicious Slow Cooker Recipes Cookbook (Slow Cooker Recipes, Slow Cooker Cookbook, Slow Cooker Chicken Recipes, Slow Cooker Soup Recipes) Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners (Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb) (Cookbook delicious recipes 1) 30 Day Whole Food Slow Cooker Challenge: Whole Food Recipes For Your Slow Cooker Æâ –â œ Quick And Easy Chef Approved Whole Food Recipes For Weight Loss (Slow Cooker Cookbook) 30 Day Whole Food Slow Cooker Challenge: Quick and Easy Whole Food Slow Cooker Recipes For The Everyday Home Æâ –â œ Delicious, Triple-Tested, Family-Approved Whole Food Recipes (Slow Cooker Cookbook) Thai Slow Cooker Cookbook: 51 Classic Thai Slow Cooker Recipes with Step By Step Procedure (Thai Recipes, Thai Slow Cooker Recipes, Thai Slow Cooker Cookbook, ... Cooker, Simple Thai Cookbook, Thai Cooking) Slow Cooker Cookbook: 1001 Best Slow Cooker Recipes of All Time (Fast and Slow Cookbook, Slow Cooking, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Dinner, Breakfast, Healthy Meals) Slow Cooker Cookbook: 1001 Best Slow Cooker Recipes of All Time (Slow Cooking, Slow Cooker, Meals, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Breakfast, Lunch, Dinner) The Easy & Healthy Slow Cooker Cookbook: Incredibly Simple Prep-and-Go Whole Food Meals Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) 30 Day Whole Food Slow Cooker Challenge: Whole Food Slow Cooker Recipes; Pictures, Serving, and Nutrition Facts for Every Recipe! Fast and Easy Approved Whole Foods Recipes for Weight Loss 30-Day Whole Food Slow Cooker Challenge: Whole Food Recipes For Your Slow Cooker Æâ –â œ Fast ,Delicious and Easy Approved Whole Foods Recipes for Weight Loss! Delicious Crockpot Recipes: A Full Color Crockpot Cookbook for your Slow Cooker (Crockpot;Crockpot Recipes;Slow Cooker;Slow Cooker Recipes;Crockpot Cookbook;Slow ... Cookbook;Crock Pot;Crock Pot Recipes;Cro 1) 30 Day Whole Food Slow Cooker Challenge: 100 Whole Food Slow Cooker Recipes with Photos and Nutrition Info for Every Meal; Approved Whole Foods Recipes for Rapid Weight Loss KETO SLOW COOKER: 120 Delicious, Quick and Easy Ketogenic Slow Cooker Recipes (keto, ketogenic, ketogenic cookbook, slow cooker, slow cooking, ketogenic ... weight loss, paleo, low carb, cleanse) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) INSTANT POT: 2,500 Instant Pot Pressure Cooker and Slow Cooker Recipes

Cookbook (Instant Pot, Instant Pot Recipes, Crockpot Cookbook, Slow Cooker Recipes, ... Pot Dump Meals, Crock Pot Freezer Meals) Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook) The Ultimate Pressure Cooker Cookbook: Ingenious & Delicious Meals All In One Cooker (Instant Pot, Instant Pot Slow Cooker, Pressure Cooker Cookbook, Electric Pressure Cooker, Instant Pot For Two) Whole Food: The 30 Day Whole Food Challenge Æœ Whole Foods Diet Æœ Whole Foods Cookbook Æœ Whole Foods Recipes (Whole Foods - Clean Eating) 30 Day Whole Food Slow Cooker Challenge: Quick, Easy and Delicious Whole Food Slow Cooker Recipes for Extreme Weight Loss

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)