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The Healthy Slow Cooker Cookbook: 150 Fix-and-Forget Recipes Using Delicious, Whole Food Ingredients

By Rockridge Press

Rockridge Press. Paperback. Condition: New. 208 pages. Dimensions: 9.2in. x 7.5in. x 0.4in. From the creators of the New York Times bestseller Paleo Slow Cooker comes a collection of slow cooker recipes that offer affordable, convenient meals without artificial additives or processed foods. Eat only the most delicious, nourishing ingredients and follow simple, fix-and-forget meal preparations with The Healthy Slow Cooker Cookbook. 150 healthy twists on slow cooker classics like Cheese Fondue, Texas-Style Pulled Pork, and Sage and Pumpkin Mac n Cheese. Fix-and-forget recipes that require less than 15 minutes of prep time and no interruptions in the cooking process. Helpful tips and tricks for cooking with fresh, whole food ingredients, including delicate herbs and seafood. Nutritional information to help you keep track of calories, fat, protein, carbs, sugar, and sodium. Recipe tips that highlight ingredients that pack a nutritional punch, like coconut oil, kale, and more. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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