



The Everything Healthy Slow Cooker Cookbook

Rachel Rappaport, Horton B E

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Slow-cooker meals may save you time and energy, but they can also help you pack on the pounds. Thanks to this clever collection of deliciously good-for-you recipes, you can please your palate without sacrificing nutrition--or your waistline! This cookbook serves up hundreds of mouth-watering recipes, including:

- Sun-Dried Tomato and Pesto Dip
- Greek-Style Orzo and Spinach Soup
- Red Wine Pot Roast
- Ginger Caramelized Chicken
- Curried Lentils
- Italian Meatloaf
- Chocolate Crème Brûlée
- Stewed Cinnamon Apples

Popular food blogger and cooking instructor Rachel Rappaport provides full nutritional analyses so you can choose recipes based on calories, fat content, fiber, and more. When you save time *and* produce healthy meals, you'll find you can have your pot roast--and eat it too!

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Augustine Klotz:

People live in this new day of lifestyle always make an effort to and must have the extra time or they will get lots of stress from both way of life and work. So , whenever we ask do people have extra time, we will say absolutely of course. People is human not a robot. Then we inquire again, what kind of activity are you experiencing when the spare time coming to a person of course your answer will certainly unlimited right. Then do you ever try this one, reading guides. It can be your alternative with spending your spare time, the book you have read is usually The Everything Healthy Slow Cooker Cookbook.

John Smith:

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