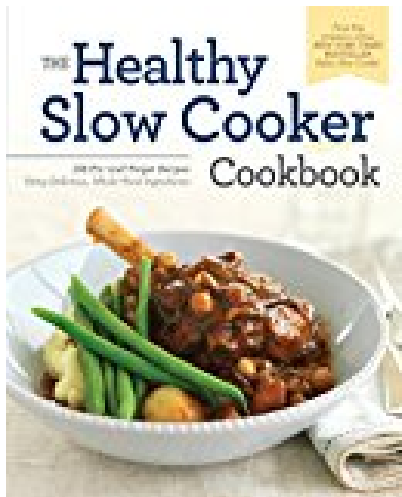


# Healthy Slow Cooker Cookbook 150 Fix-And-Forget Recipes Using Delicious Whole Food Ingredients

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## BOOK DETAILS

- Author : Pamela Ellgen
- Pages : 208 Pages
- Publisher : Rockridge Press
- Language : English
- ISBN : 1623154804

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## **BOOK SYNOPSIS**

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

### **HEALTHY SLOW COOKER COOKBOOK 150 FIX-AND-FORGET RECIPES**

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