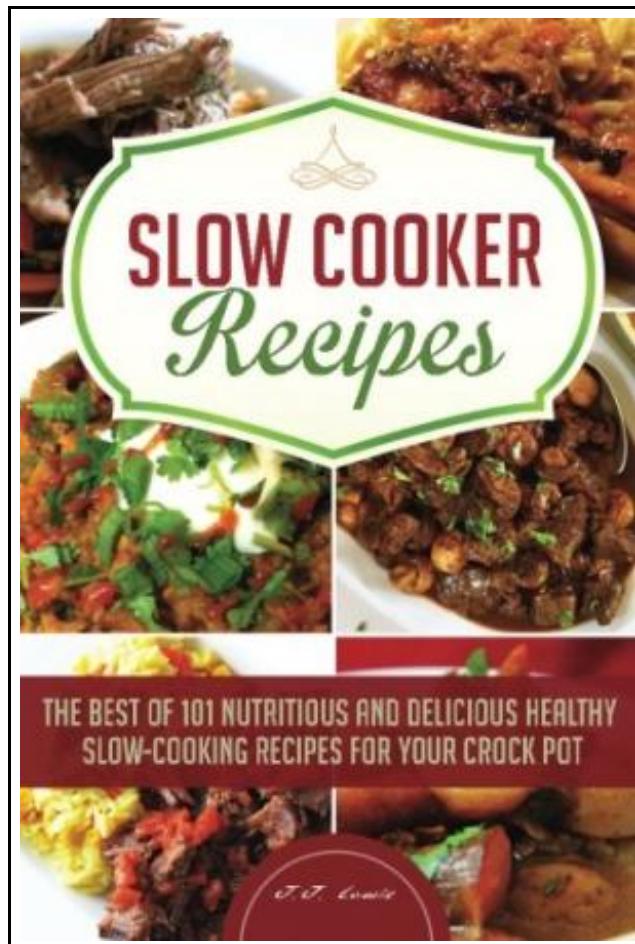


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Discover the Best of 101 Nutritious and Delicious Healthy Slow-Cooking Recipes for your Crock Pot By Reading this Book you will learn the Proper Way of cooking Slow Cooker Recipes This Slow Cooker Cookbook can be used for any type of easy meals, appetizers, main courses, Beef stew, Thanksgiving, soups and stews, slow cooker paleo and many more. All 101 Slow Cooker Recipes are accompanied by Captivating Photos! Crock pots are the best helper in the kitchen when it comes to saving time yet being able to provide delicious healthy meals for the family. The best thing that I personally find with crock pots is the ability to allow the flavors to develop slowly yet trap the richness of the nutrition and taste long enough for you to savor your meal. You ll find it absolutely amazing how much time you need to spend in the kitchen preparing a healthy and nutritious meal for the family - typically less than 30 minutes! Cleaning up is easy too because most of the interior of crock pots are lined with Teflon or other non-stick surfaces. The other models are typically ceramic surfaces that don t stick to food at all. Cleaning is simple as it s just some detergent and rinsing off with water. There s virtually no oil, no grease and definitely hassle-free. So. Stop ordering food at the local fast food restaurants, takeaways or even the instant food. Invest in a crock pot today for a healthy lifestyle. You can easily find countless models on Amazon or in any of your local Electric Appliance stores. Also, take some time to buy quality ingredients while on...

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