



Low-Carb Slow Cooking: Over 150 Recipes For the Electric Slow Cooker

Dominique DeVito

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Little effort, low carbs and lots of flavor are what characterize this “Slow Carb” cookbook- over 130 tasty low-carb recipes all specifically designed for the time-saving, flavor-savouring electric slow cooker. Carefully chosen ingredients and noted net carb counts make this perfect for Atkins, paleo, and gluten-free dieters.

Preparing meals with a slow cooker is easy, convenient, and crowd-pleasing, yet low-carb dieters often struggle to find suitable recipes or substitutions for ingredients like potatoes, rice, noodles, and starchy vegetables. This cookbook yields dozens of recipes that cater to the low-carb lifestyle, covering every meal of the day, type of cuisine and more, all with the slow cooker. Author Dominique DeVito, author of five other slow cooking cookbooks including Low Acid Slow Cooking, Paleo Slow Cooking and Christmas Slow Cooking, offers tips on how to use the slow cooker, information about the benefits of low-carb dieting and carb counting, and recipes from soups and stews to entrees, appetizers, desserts and more. There’s no time like the present to take that slow cooker out of your kitchen closet, toss in the ingredients and let it do the work.



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