



Slow Cooker: 200 Days of Slow Cooking Recipes (Slow Cooking, Slow Cooker,Crock Pot, Instant Pot, Electric Pressure Cooker,Slow Cooker Cookbook, Slow Cooker Recipes)

Emily Addyson

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200 Days of Slow Cooking Recipes Healthy eating is about feeling great, having more energy, stabilizing your mood, and keeping yourself as healthy as possible. These things can be achieved by learning some nutrition basics and using them in a way that works for you.

200 healthy recipes for people who are searching for a healthier life. Slow cooking offers several advantages:

- Extended cooking times •Better circulation of flavors •Economical. You can use cheaper cuts of meat. Tough meats, such as chuck roasts or steaks and stew beef, are softened through the long cooking procedure. Cooking in one pot in a small appliance even for long periods of time is significantly cheaper than turning on your oven.
- Safety: Your slow cooker can be left safely unattended throughout your work day.
- Convenience: Just pop ingredients in before going to work. Come home to a prepared meal... •Efficient. Saves time. The meal prepares itself while you're at work. Come home to easy clean up! With slow cooker meals there are also leftovers for the next night. This saves more time and money!
- Good for dieting.
- Nourishing. By slow cooking you avoid high temperatures which break down food supplements—vitamins, and minerals—and create unhealthy chemical compounds
- Saves freshness and pleasantly flavors.

In addition to mouthwatering recipes like: Strawberry & dried fig spread Eggplant & basil mediterranean salsa Spiced banana bread Steamed pumpkin bread Apricot-cinnamon granola Nutty breakfast grits with pears Cinnamon quinoa with peaches Apple-maple oatmeal Breakfast hash brown casserole Chocolate pudding cake Carrot cake Strawberry, rhubarb, & peach crumble Apple jumble crumble Pears with raspberry-orange sauce Apples with almond-apricot sauce Sweet mango sticky rice Sugar plum pears Dried-fruit compote with pomegranate juice Sweet potato bread pudding Tapioca pudding with blueberries

Get your copy today and enjoy 200 delicious, healthy and mouth watering slow-cooker recipes.

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John Casteel:

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