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Eat To Live: 350 Slow Cooker Recipes That Will Save You Time & Calories



Synopsis

A crowd-ready breakfast that bakes while everyone's sleeping? Eat To Live Slow CookerThe #1 Best-Selling Book in Health & Healing Categoryâ œI love this cookbook. It's full of things you actually want to eat.â •Christine Gonzalez, Health Blogger, Nutritionist, Wellness CoachAre slow cookers worth the effort?Nutritious, Delicious MealsTime-saverUseful Year-RoundReduced Energy UsageEasy Clean-UpTransportableCooking with a slow cooker is a great way to save time and still prepare a healthy meal. Assemble the meal in the morning, transfer it to the slow cooker, and get your dinner without mess or cleaning.A slow cooker cookbook you'll use day after day!These are simple, easy Crock-Pot meals. Easy enough for busy weeknights, but filled with enough flavor for the relaxing weekends!FlavourfulStress-Free MealsWarm and ComfortingHealthy No-Fuss CookingGreat For a NewbieEasy Cook, Easier CleanLots of VarietyPerfect for AnyonePicky Children & Husband ApprovedSome Slow Cooker Recipes Included In This Cookbook:Creamy Butternut Squash SoupSpicy Quinoa and Black Bean BowlRed Beans and Rice CasseroleGluten Free Mac and CheeseZucchini BreadCaramelized Corn and Black Bean EnchiladasWild Rice and Shrimp SkilletChorizo Corn StewLentil and Chicken SoupYou And Your Family Deserve To Eat Delicious And Healthy Slow Cooked Meals Every Night Of The WeekGet ready to start your Crock-Pot while cooking up taste bud tempting dishes that you will enjoy making again and again. Scroll up and click the BUY NOW button at the top of this page! * Free Gift is included

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Customer Reviews

This Cookbook has 300 great recipes and is more than just a cookbook!!! There is great health info for cooking each one and why slow cooking is best and what great nutrients you get from the food when cooked this way, and whatâ™s better than having great food that cooks while you're at work and is still super healthy? There are also more really yummy gluten free recipes which is great for my family. And if you are new to cooking with a slow cooker as I am it gives you great tips on prep, when the best season is to buy your fruits and veggies. Great book

Eat To Live... This title got me attracted to this book. Of course, we eat to live, but this book has given it a different twist. We can eat to live and make use of a slow cooker in doing so. Not only that, this book has given 350 recipes too! Imagine that? Everyday is provided for. We will definitely eat to live here now. And I personally love each recipe and how they were presented. Cooking with a slow cooker is now made easier.

I need recipes that are good and varied but straightforward, easy to prepare and also instructions that are simple enough for a total novice. Luckily, I found this book in . I am not very experienced at cooking and found the instructions very easy to use and follow. I set the slow cooker up in the morning and our meals are all cooked and ready when we get home. This cookbook gives clear instructions to all-day cooking, which is exactly what I need.

Eat to live - my motto for many years. The title of this book attracted me, but when I read it, I realized that I wasn't wrong. The recipes are well done, the dishes are tasty and healthy. I like to prepare food in this way, and I love the new books with recipes like these. I admit, this is one of the better cook-book I've seen so far. Recommended!

This book contains 350 delicious and mouth watering slow cooker recipes that will save you time and money. The recipes are well written and the directions are easy to follow. The good thing is that the book provides images for all the recipes. Excellent book.

There is a Heap of mouth watering recipes in this book that i donot need to worry about my cooking chart for about a year.I have learned a lot of cooking tips and subtitles from this book which i never knew before.So this is super useful book for me.

If you are a busy working mom like myself, you know what a struggle it is to prepare a healthy meal for your family and still have quality time, this cookbook could help with that. All the recipes in this cookbook is very healthy and accessible. Overall I enjoyed reading through each recipe and the fact that slow cooking can be beneficial ,healthier and more convenient. This book has definitely broadened my way of cooking.

I am really impressed with this cookbook. I like all the extra information about using crockpots and ingredient prep suggestions to add more flavor to the meal. The prep takes some time. I assume I will get faster as I make more too. I like learning new ways to make things. This is a great way to increase my cooking repertoire.

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