



# Healthy Slow Cooker Recipes: 50 Easy Winter Warming Recipes for Breakfast, Lunch, Dinner, and Dessert

*Sophie Miller*

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If you have made the commitment to following a healthy diet you may now be facing the challenge of coming up with meals to prepare on a daily basis. You can only eat so many salads or grilled chicken breasts before you become bored and are tempted to break your diet for the convenience of fast food. If you are facing this type of struggle, fear not – an easy solution exists. The slow cooker (also known as a Crockpot) is an electric kitchen appliance that enables you to cook foods at low temperature over long periods of time, leaving you free to do the things you need to do. Most slow cooker recipes require only a few minutes of preparation time, then you simply turn it on and let it cook! When you come home a hot and delicious meal will be ready and waiting for you and your family to enjoy. In this book you will discover the basics about slow cooking and receive a collection of delicious slow cooker recipes. First you will receive an overview of the many benefits associated with slow cooking. As you will see, slow cooking is a great method to employ when you want to prepare a healthy meal for your family but do not have a lot of extra time on your hands. You will also receive tips for substituting healthier cooking oils in your recipes so you can stick to your commitment to better health. Finally, you will receive a collection of 50 delicious (and healthy!) slow-cooker recipes for breakfast, lunch, dinner, and dessert. Benefits of slowcooking: 1. Long cooking times allows complex flavors to develop and be better distributed throughout the ingredients 2. Low cooking temperature over long periods of time renders tough and inexpensive cuts of meat tender and delicious 3. There is little to no risk of burning food – spraying the slow cooker will prevent any from sticking to the bottom as well 4. Using a slow cooker means that your oven and stove are left open for other uses – this is particularly useful during the holidays 5. Many slow cooker recipes take most of the day to prepare which means that you can “set it and forget it” 6. Using a slow cooker enables you to spend only a few minutes preparing a meal that will be fully cooked and ready to enjoy a few hours later – with not extra effort on your part 7. Slow cooking is a very versatile cooking method – it can be applied to soups, stews, side dishes, entrees and even desserts

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Healthy Slow Cooker Recipes: 50 Easy Winter Warming Recipes for Breakfast, Lunch, Dinner, and Dessert can be one of your beginning books that are good idea. All of us recommend that straight away because this publication has good vocabulary that will increase your knowledge in language, easy to understand, bit entertaining but nonetheless delivering the information. The author giving his/her effort to get every word into enjoyment arrangement in writing Healthy Slow Cooker Recipes: 50 Easy Winter Warming Recipes for Breakfast, Lunch, Dinner, and Dessert nevertheless doesn't forget the main stage, giving the reader the

hottest along with based confirm resource data that maybe you can be one among it. This great information can easily drawn you into brand-new stage of crucial thinking.

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