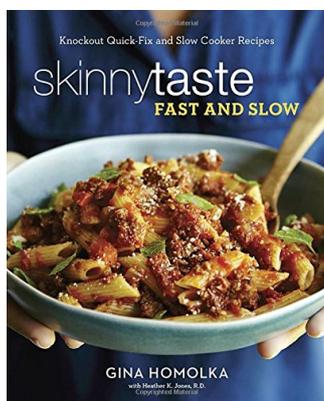


# [PDF] Skinnytaste Fast And Slow: Knockout Quick-Fix And Slow Cooker Recipes

Gina Homolka, Heather K. Jones - pdf download free book

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#### Books Details:

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#### Description:

**80+ Under 30 Minute Dishes and 60 Slow Cooker Recipes**

**The easiest, tastiest, most convenient healthy recipes—ever!**

With *Skinnytaste Fast and Slow*, you can get a nutritious, flavor-packed, figure-friendly

meal—complete with a flourless chocolate brownie made in a slow cooker—on the table any night of the week. Gina Homolka, founder of the widely adored blog *Skinnytaste*, shares 140 dishes that come together in a snap—whether in a slow cooker or in the oven or on the stovetop. Favorites include:

### **Slow Cooker**

Chicken and Dumpling Soup  
Korean-Style Beef Tacos  
Spicy Harissa Lamb Ragu  
Peach-Strawberry Crumble

### **Under 30 Minutes**

Zucchini Noodles with Shrimp and Feta  
Pizza-Stuffed Chicken Roll-Ups  
Grilled Cheese with Havarti, Brussels Sprouts, and Apple  
Cauliflower “Fried” Rice

Each recipe includes nutritional information, which can help you take steps toward weight and health goals, and many dishes are vegetarian, gluten-free, and freezer-friendly—all called out with helpful icons. Gina’s practical advice for eating well and 120 color photos round out this indispensable cookbook.

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