

[PDF] The Healthy Slow Cooker: More Than 100 Recipes For Health And Wellness

Judith Finlayson - pdf download free book



Books Details:

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Description:

Review Proves the slow cooker stashed in the back of the cabinet can do more than stews and roasts... nutritional guidelines and tips for using a slow cooker to it's best advantage. (*Cherry Hill Courier-Post* 2006-03-15)

Information and recipes with high nutrition, reduced sodium and boosted fiber. (Sue Story Truax

Omaha World-Herald 2006-03-29)

[One of the top five of] the best of my nearly 20 slow-cooker books... an artful palate and healthful bias come together in recipes. (Kathy Martin *Miami Herald* 2006-08-10)

One of my favorite slow-cooker cookbooks. (Amy McConnell Schaarsmith *Pittsburgh Post-Gazette* 2006-07-13)

Focuses on intriguing dishes that will be ready once you get home... enticing soups and stews. (Linda Fradkin *Galveston County Daily News* 2006-02-08)

About the Author

Judith Finlayson is a food writer and the author of many cookbooks, including the bestselling *150 Best Slow Cooker Recipes*, *Delicious and Dependable Slow Cooker Recipes*, and *125 Best Vegetarian Slow Cooker Recipes*.

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