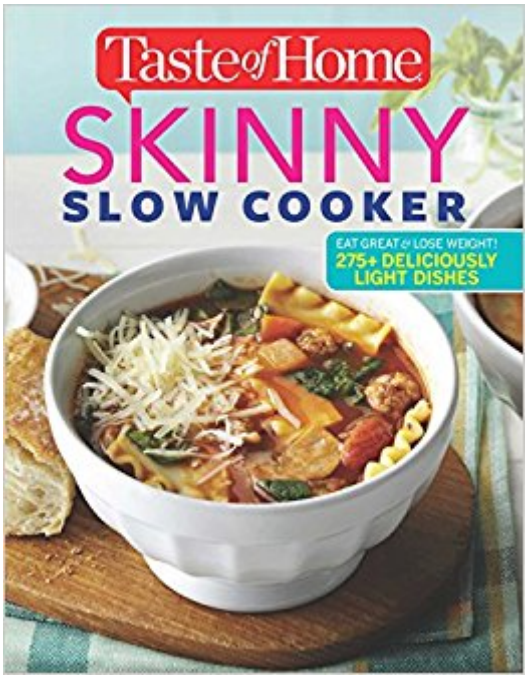
Ebook Directory
the best source of ebook

The book was found

Taste Of Home Skinny Slow Cooker: Cook Smart, Eat Smart With 278 Healthy Slow-Cooker Recipes



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Save time, eat right and serve hearty family favorites with Skinny Slow Cooker, a new cookbook from Taste of Home! Everyone could use a little help when it comes to cutting calories, fat and sodium, so why not rely on your slow cooker as well as the experts at Taste of Home? This mouthwatering collection makes it a snap to dish out comforting slow-cooked dishes so tasty, no one at your table will realize theyÃ¢â ¬â„¢re eating light. Best of all, these satisfying recipes simmer on their own during the day, so a sensational, healthy meal is ready for you when you walk through door! What could be easier? Cook smart, eat smart, lose weight and feel great! Success is at your fingertips with Taste of Home Skinny Slow Cooker. Ã Â Now itÃ¢â ¬â„¢s easier than ever to cook smart and eat smart thanks to the new title from Taste of HomeÃ¢â ¬â •Skinny Slow Cooker! TodayÃ¢â ¬â„¢s home cooks care about serving healthy meals but struggle to find time to prepare foods that satisfy yet pare down calories, fat and sodium. With the 350+ recipes in Skinny Slow Cooker, however, setting a heart-smart meal on the table is a snap!Ã Â With a little planning, a few everyday ingredients and a slow cooker, family cooks can easily create meals so hearty, no one will realize they are eating light! Based on the tremendous success Taste of Home Books experienced with best-selling titles Ã¢â ¬Å“Slow Cooker,Ã¢â ¬Â• Ã¢â ¬Å“Slow Cooker Throughout the Year,Ã¢â ¬Â• Casseroles, Slow Cooker & Soups,Ã¢â ¬Â• Ã¢â ¬Å“Comfort Food DietÃ¢â ¬Â• and Ã¢â ¬Å“Comfort Food Makeovers,Ã¢â ¬Â• it seemed like a natural fit to offer todayÃ¢â ¬â„¢s family cooks a collection of slow-cooked dishes that make healthy eating a priority. Inside this collection, readers will find common ingredients, Nutrition Facts with every recipe, Diabetic Exchanges where applicable and, most important, mouthwatering meals that come together in a slow cooker and satisfy the entire family! A special icon notes dishes that call for five ingredients or fewer and prep and cook timelines make meal planning simple. Two Ã¢â ¬Å“Bonus ChaptersÃ¢â ¬Â• help family cooks round out menus with garden-fresh salads and light desserts that skim back on calories, sugar and fat. Best of all, these recipes come from real home cooks who know how to serve healthy family meals and save time in the kitchen. These are the dishes they rely on mostÃ¢â ¬Â¦and the foods that received thumbs-up approval at the dinner table. Cooking smart, eating smart, losing weight and feeling great has never been more delicious than with Taste of Home Skinny Slow Cooker! CHAPTERS Lighten Up (Intro) Soups & Sandwiches Beefy Entrees Chicken & Turkey Pork, Ham & More Seafood & Meatless Classics Slow-Cooked Sides Bonus: Salads Bonus: Low-Fat Desserts

Book Information

Series: Taste of Home

Paperback: 256 pages

Publisher: Reader’s Digest/Taste of Home (November 15, 2016)

Language: English

ISBN-10: 1617655805

ISBN-13: 978-1617655807

Product Dimensions: 7 x 0.6 x 9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 33 customer reviews

Best Sellers Rank: #34,429 in Books (See Top 100 in Books) #86 inÃ Â Books > Cookbooks, Food & Wine > Cooking Methods > Slow Cooking #144 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #151 inÃ Â Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

Customer Reviews

Love this slow cooker book! The weather has turned cold and rainy so out comes the slow cooker, I have tried several recipes and all of them were good! I know I will be trying more very soon.

Looks like a good book, it was a gift for someone.

Excellent book! I use it a lot!

Great recipes.

Great book! Not difficult, and good fresh ideas!

good stuff

simple and clear recipes true to the Daniel plan

Excellent product and service!

Download to continue reading...

Taste of Home Skinny Slow Cooker: Cook Smart, Eat Smart with 278 Healthy Slow-Cooker Recipes

Slow Cooker Recipes: 2,000 Delicious Slow Cooker Recipes Cookbook (Slow Cooker Recipes, Slow Cooker Cookbook, Slow Cooker Chicken Recipes, Slow Cooker Soup Recipes) Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners(Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb) (Cookbook delicious recipes 1) Thai Slow Cooker Cookbook: 51 Classic Thai Slow Cooker Recipes with Step By Step Procedure (Thai Recipes, Thai Slow Cooker Recipes, Thai Slow Cooker Cookbook, ... Cooker, Simple Thai Cookbook, Thai Cooking) Delicious Crockpot Recipes: A Full Color Crockpot Cookbook for your Slow Cooker (Crockpot;Crockpot Recipes;Slow Cooker;Slow Cooker Recipes;Crockpot Cookbook;Slow ... Cookbook;Crock Pot;Crock Pot Recipes;Cro 1) Slow Cooker Cookbook: Chef Approved Slow Cooker Recipes Made For Your Slow Cooker Ã¢â ¬â œ Cook More Eat Better (Crock Pot Book 1) Slow Cooker Cookbook: Chef Approved Slow Cooker Recipes Made For Your Slow Cooker Ã¢â ¬â œ Cook More Eat Better (Crock Pot) Paleo Slow Cooker: Healthy Delicious Paleo Diet Slow Cooker Recipes for Your Family (Slow cooker recipes, Low carb diet, Paleo diet recipes, Paleo Cookbook, Ketogenic Diet, Ketogenic recipes) Slow Cooker Soup Recipes: 50 Most Delicious & Healthy Slow Cooker Soup Recipes for Better Health and Easy Weight Loss (Soup Recipes,Chicken Soup ,Soup Cookbook ,Slow Cooker Soup Recipes) Ketogenic Slow Cooker Recipes: 200 keto Slow Cooker (Crock Pot) Recipes, Chef Approved, Delicious Low Carb Slow Cooker Recipes, For Super Fast Weight Loss , Quick and easy Recipes for Healthy Living Slow Cooker Cookbook: 1001 Best Slow Cooker Recipes of All Time (Slow Cooking, Slow Cooker, Meals, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Breakfast, Lunch, Dinner) Slow Cooker Cookbook: 1001 Best Slow Cooker Recipes of All Time (Fast and Slow Cookbook, Slow Cooking, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Dinner, Breakfast, Healthy Meals) Crock Pot: 1001 Best Crock Pot Recipes of All Time (Crockpot, Crockpot Recipes, Crock Pot Cookbook, Crock Pot Recipes, Crock Pot, Slow Cooker, Slow Cooker Recipes, Slow Cooker Cookbook, Cookbooks) Delicious Crockpot Recipes: A Full Color Crockpot Cookbook for your Slow Cooker (Crockpot;Crockpot Recipes;Slow Cooker;Slow Cooker Recipes;Crockpot ... Pot Recipes;Crock Pot Cookbook) (Volume 1) Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook) Rice Cooker Recipes: 50+ Rice Cooker Recipes - Quick & Easy for a Healthy Way of Life (Slow cooker recipes - rice cooker - recipes) 30 Day Whole Food Slow Cooker Challenge: Quick and Easy Whole Food Slow Cooker Recipes For The Everyday Home Ã¢â ¬â œ Delicious, Triple-Tested, Family-Approved Whole Food Recipes (Slow Cooker Cookbook) KETO SLOW COOKER: 120 Delicious, Quick and Easy Ketogenic Slow

Cooker Recipes (keto, ketogenic, ketogenic cookbook, slow cooker, slow cooking, ketogenic ... weight loss, paleo, low carb, cleanse) Mr. Food Test Kitchen Cook it Slow, Cook it Fast: More Than 150 Easy Recipes For Your Slow Cooker and Pressure Cooker Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook)

Contact Us

DMCA

Privacy

FAQ & Help