



# The Healthy Crockpot Cookbook: 120 Simple Crock Pot Recipes For Superb Healthy Eating

*Penny Reynolds*

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Enjoy Healthy, Affordable And Convenient Meals With Your Crock-pot Everyday! For the average American who works more than 40 hours a week, the Crockpot is a welcome development. It is inexpensive, versatile, easy to operate and extremely convenient. This Crockpot cookbook contains easy- to-follow instructions on how to cook healthy, delicious and irresistible meals with your versatile Crockpot that can meet multiple cooking needs such as stewing, poaching, braising, roasting and baking. Get ready to expend minimal effort to prepare a wide range of simple yet healthy meals! From seafood, soups and stews, pork, beef, vegetables and vegetarian meals, to breakfasts, appetizers, side dishes and desserts, there is no end to what you can prepare, and they are all covered in this great book! There are also nutritional information so you can observe the fat, carbs, protein, sugar, and sodium in your meals. People who enjoy home cooked meals but run tight schedules will definitely love the mouth-watering recipes listed here. It's also great for beginning cooks as well. Here Is A Preview Of These Recipes... Nutmeg-Stuffed Pumpkin Bread Maple-Hazelnut Apple Oatmeal Crockpot Cherry Pie Oats Vegetarian White Chili In The Crockpot Spicy Mexican Chicken Mole Crockpot Beef With Root Veggies Crockpot Cuban Picadillo Pulled Pork With Barbecue Sauce In Bourbon-Peach Veggie-Rich Pinto Bean Sloppy Joes Savory Shrimp Newburg Crockpot Spicy Citrus Fish Slow Cooker Little Hot Appetizer Lemon-Spiced Snacker Mix Tiramisu Bread Dessert Crockpot Brownie Pudding Cake And just so much, so much more! Be reminded that there are 120 healthy and tasty recipes for you to try all through this year. 120! You will have enough time to do the things that you love and still have a sumptuous meal waiting for you. So what're you waiting for? Enjoy the extra time this style of cooking will afford you. Get your copy today!

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