



# The Healthy Slow Cooker: More Than 100 Recipes for Health and Wellness

*Judith Finlayson*

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*A winning combination of healthy eating and convenience.*

Here's an ideal combination: a tasty meal, nutrition for good health, and the convenience of a slow cooker. **The Healthy Slow Cooker** offers more than 100 delicious, nourishing recipes that are healthy and contain key nutritional, health and wellness information. Along with a complete nutrient analysis, each recipe will feature:

- An icon denotes vegan friendly recipes
- "Mindful morsels" that highlight particular nutritional elements
- "Natural Wonders" that provide an a overview of a dish's healthful benefits

For example, *Indian-Style Chicken with Puréed Spinach* provides 400% of the daily requirement of Vitamin K, and cumin in the recipe improves digestion. Here's a small sampling of the tantalizing array of recipes:

- Creamy Polenta with Corn and Chilies
- Moroccan-Style Lamb with Apricots and Raisins
- Ribs 'n' Greens with Wheatberries
- Winter Vegetable Casserole
- Cranberry Pear Brown Betty
- Indian Banana Pudding

For diabetics, the book features a separate section of useful advice and nutrition guidelines.

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