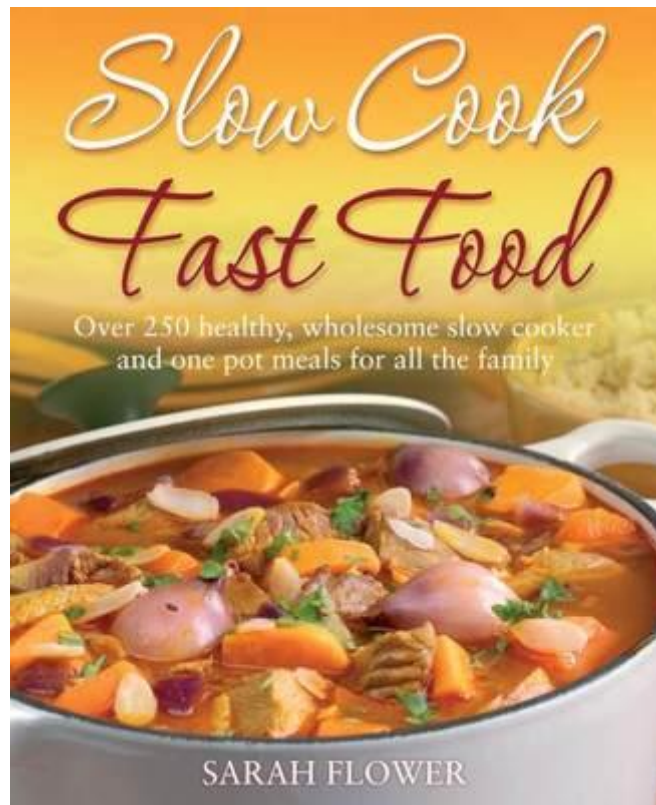


Slow Cook, Fast Food - Sarah Flower



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We all have times when we wish there were more hours in the day to achieve our goals. At such times it's often our food that gets neglected ...we make do with a quick sandwich at lunchtime or a ready meal in the evening. In this book nutritionist Sarah Flower offers advice for the busy family to literally take things slowly. Slow cooking is the easiest way to cook, plus it has the added advantage of being good for your health. And you don't have to slave over a hot stove when you've finished work for the day to create your supper. Literally fill your slow cooker with your chosen ingredients and walk away for the day. Nothing could be simpler. Slow Cook, Fast Food also shows you how to save on washing up by creating one pot meals and desserts for all the family without breaking a sweat. Author: Flower, Sarah Publisher: How To Books Illustration: N Language: ENG Title: Slow Cook, Fast Food Pages: 00272 (Encrypted EPUB) On Sale: 2011-07-01 SKU-13/ISBN: 9781905862412 Category: Cooking : Health & Healing - Allergy

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