

# The 150 Healthiest Slow Cooker Recipes On Earth - , Jonny Bowden

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Jonny and Jeannette have done a wonderful job at marrying healthy, delicious recipes with invaluable (and surprising) nutrition information for each of these hearty slow-cooker recipes. Alicia Rewega, editor-in-chief of Clean Eating magazine These convenient, time-saving dishes are delicious, healthy, and easy from prep to clean up! Calvin Hurd, publisher of Total Health Online, totalhealthmagazine.com The 150 Healthiest Slow Cooker Recipes on Earth is a foolproof guide to cooking flavorful, super satisfying one-pot dishes perfect for any budget or diet. You'll feel good about eating meals made with the most nutrient-packed ingredients out there and you'll savor every bite while getting healthier! Nicole Brechka, editor of Better Nutrition Discover how to make mouth-watering, super-healthy, and super-convenient slow-cooked meals! Nationally-known nutritionist Jonny Bowden, Ph.D., C.N.S., and chef Jeannette Bessinger, C.H.H.C., take slow cooking to a whole new level with these easy, nutritious, and deliciously satisfying recipes! The clean foods team of Dr. Jonny and Chef Jeannette use wholesome ingredients, such as fresh fruit and vegetables, grass-fed beef, wild-caught fish, and pasture-raised poultry in their recipes. Losing none of the convenience, they skip the high-sodium canned food products used in many slow cooker recipes and bring you dishes with both traditional and ethnic flair. Try the Real Deal Beef Stew with Orange and Clove, the Quick Sesame Teriyaki Low-Carb Lettuce Wraps, the Hot and Hearty Red, White, and Blue Crab Dip, or the Gingered Honey Pears with Cinnamon Sticks. Bon appetit! Author: Bowden, Jonny Author: Bowden, Jonny Publisher: Fair Winds Press Illustration: N Language: ENG Title: The 150 Healthiest Slow Cooker Recipes on Earth Pages: 00272 (Encrypted EPUB) On Sale: 2012-01-01 SKU-13/ISBN: 9781592334940 Category: Cooking : Methods - Slow Cooking

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