



Slow Cooker Cookbook: Delicious Slow Cooker Recipes for the Crockpot

Kathleen Lee

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Slow Cooker Cookbook Delicious Slow Cooker Recipes for the Crockpot This Slow Cooker Cookbook is all about healthy crock pot and slow cooker recipes. Busy lifestyles of today make it imperative to find better ways of preparing healthy meals. The aim of the slow cooker recipe book is to show how to prepare healthy slow cooker recipes right from home, even if time is a factor. Just follow the easy slow cooker recipes and see how much better you feel for having eaten healthy slow cooker meals. The toughest part of cooking a slow cooker meal is in the preparation. However, because most of the recipes calls for an 8 hour stretch you can easily prepare the meal the night before, right before going to bed and allow it to cook all night. On the other hand, prepare it the morning of and allow it to cook all day. This book contains four different recipe sections, each recipe specifically for the slow cooker or crock pot. There is a Breakfast Recipes section, Snack, Dessert, and Appetizer Recipes section, Soup and Stew Recipes, and a Main Dish and One Dish Meals recipe section. There are 37 recipes total, with enough recipes to give a meal plan for more than a week. There is a bonus section with a 5 Day Meal Plan too. Breakfasts cooked in a slow cooker or crock pot are especially nice, because when you wake up the entire home smells of the delicious breakfast that was cooking all night long. Try out these tasty recipes: Cranberry Oatmeal, Raspberry Coconut Rice Pudding, Turkey Bacon and Egg Casserole, Breakfast Cheese Strata with Vegetables, Cherry Croissant Pudding, and a Hash Brown Casserole. Not too many people think of the slow cooker when it comes to make snacks, appetizers, or desserts. Even a recipe like Hummus can be made in a crock pot, without a lot of fuss. In addition to Hummus, you can find Quick Chocolate Nut Clusters, Quick Tapioca Pudding, Chocolate Mocha Bread Pudding, Carrot cake, and a recipe for Peach Cheesecake.

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