



## Slender Slow Cooker Cookbook

*Maryanne Madden*

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Low Calorie Recipes for Slow Cooking under 200, 300 and 400 calories.

This book is for you if:

You're looking for easy low calorie slow cooker recipes, which keep an eye on your calorie intake.

You're looking for a slow cooker cookbook that's full of flavour.

You don't want to spend all your time in the kitchen. The slow cooker recipes are easy to put together in the morning, leaving you free to come home to a delicious meal in the evening.

Including the following low calorie slow cooker recipes, and many many more:

Pork Chops with Apricot.

Potato & Sweetcorn Casserole.

Lamb Korma.

Lamb with Pears and Potatoes.

Sausage Casserole.

Slow Cooker Beef.

Vegetable Goulash.

Vegetable Stew & Dumplings.

Lancashire Hotpot.

Happy Slow Cooking!

## Slender Slow Cooker Cookbook Details

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## **From Reader Review Slender Slow Cooker Cookbook for online ebook**

### **Ronpoet says**

great cook book for low calorie meals using the slow cooker..I will be using this book a lot

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### **Leighann deehan says**

#### **Have not read through this book yet**

Can not review as I haven't looked through the book yet, but won't let me skip the review part. Will update once looked through and cooked a few meals

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### **Stephanie says**

#### **Great diet and family friendly recipes**

Easy recipes perfect for when on long days at work or busy days pop it all in and ready when you get home. Diet and family friendly recipes a great book would recommend.

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### **patricia fay says**

#### **Looks promising!**

I haven't done any of the recipes yet but they look really good and will definitely inspire me to use my slow cooker which I have had for a few years but just use it to keep receipts in!!!

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### **sue says**

Easy to follow

For a free download this has been well worth coming across. I downloaded it to my app on my iPad so I could see the photos in colour.

I must admit there are far too many soup recipes in there but, the other recipes are straight forward for meal times. Some basic ideas which we may not think of.

Some sweet dessert recipes easy to follow to.

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## **Jo says**

This was a free download. It features a wonderful selection of recipes.

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