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Slow Cook, Fast Food: Over 250 Healthy, Wholesome Slow Cooker and One Pot Meals for All the Family

By Sarah Flower

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Slow Cook, Fast Food: Over 250 Healthy, Wholesome Slow Cooker and One Pot Meals for All the Family, Sarah Flower, 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. - Use your slow cooker to make nutritious meals with very little effort - Prepare one pot dishes with ease - and less washing up! - Prepare mouth watering soups, main meals and desserts - Make the most of your ingredients with helpful store cupboard tips - Discover great tips and advice for saving time and money Contents: Introduction; 1. One Pot and Slow Cook Cooking, Equipment and...



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