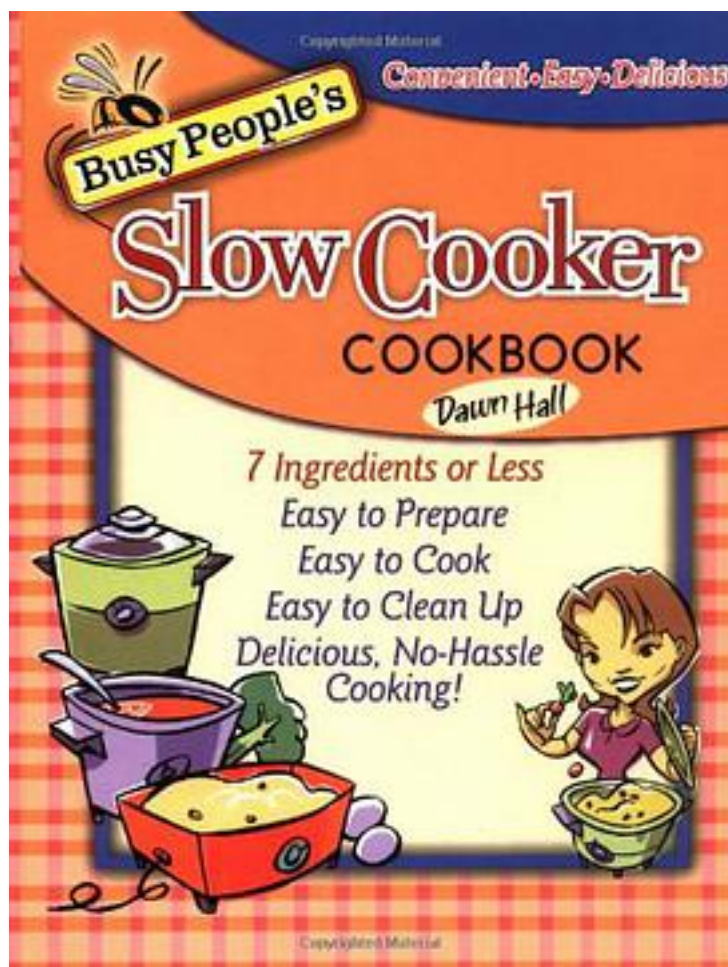


# Busy People's Low-fat Slow-cooker Cookbook



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Slow cookers are convenient and save time. And "Busy People's Slow Cooker Cookbook" makes even the preparation quick and easy. Each of the more than 200

recipes in this book is made with seven or fewer easy-to-find, grocery store ingredients. Most can be prepared in less than ten minutes. The preparation can even be done the night before and the entire slow cooker placed in the refrigerator until morning. But convenience is not the only reason to use "Busy People's Slow Cooker Cookbook." From exquisite cakes with warm berries oozing down the sides to hearty soups, creamy chowders, and delicious entrees complete with side dishes prepared in the same pot, "Busy People's Slow Cooker Cookbook" is a creative collection of low-fat recipes that look and taste as if you have been working all day in the kitchen. Each recipe in "Busy People's Slow Cooker Cookbook" is complete with nutritional information, preparation time, and cooking time, along with helpful hints and money-saving ideas. It is bound in an easy-to-use hardcover concealed spiral binding.

作者介绍:

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