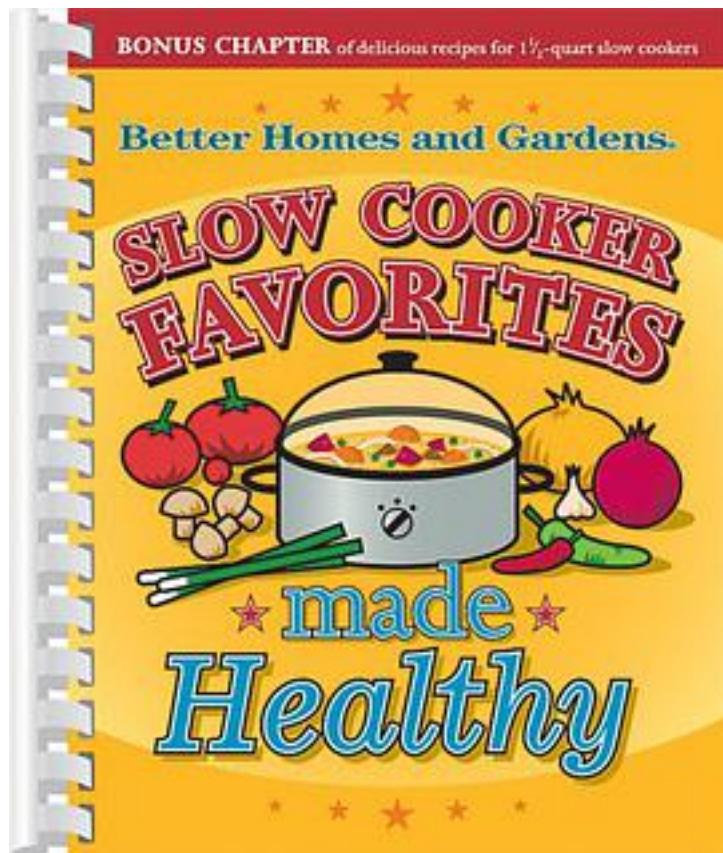


Slow Cooker Favorites Made Healthy



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著者:Trollope, Joyce 编

出版者:Meredith Books

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This book features include: Over 225 delicious, wholesome, family-friendly slow cooker meals that even children will love; Mouth-watering - yet guilt-free - main dishes, sides, soups, appetizers, and desserts are lighter in calories, saturated fats, and sodium; Complete nutrition information, including diabetic exchanges, with every recipe; Helpful at-a-glance chart of calorie counts for common foods; Bonus chapter with

recipes for 1 - quart slow cookers - perfect for serving two.

作者介绍:

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