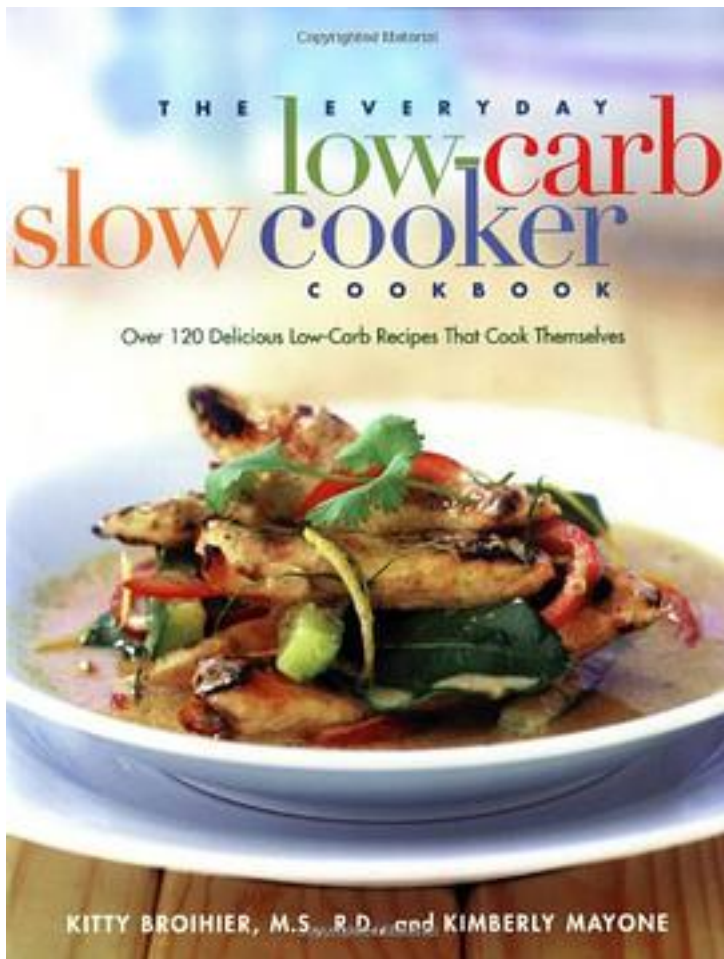


The Everyday Low-Carb Slow Cooker Cookbook



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We all love to eat good, home-cooked meals, but with our busy lifestyles, who has the time or energy to make them anymore? Now, in The Everyday Low-Carb Slow Cooker Cookbook, authors Kitty Broihier and Kimberly Mayone offer you a way to cook hearty,

delicious low-carb meals from scratch everyday—with very little effort or attention—that your whole family will enjoy. Broihier and Mayone have created over 120 delectable low-carb recipes that cover everything from breakfast to dessert and take full advantage of the timing and convenience of a slow cooker—all you need to do is add the ingredients to the pot, close the lid, and by mealtime, a hot and delicious low-carb meal will be ready and waiting. Recipes include: Creamy Blueberry French Toast Casserole * Chicken Cordon Bleu Roll-Ups * Mixed Sausage with Fennel * French Onion Soup * Stuffed Bell Peppers * Thai Red Curry Chicken * Pork with Roasted Red Peppers, Herbs and Olives * Classic Country–Style BBQ Pork Ribs * Sesame Tuna with Bok Choy and Shitake Mushrooms * Onion and Spinach Dip * Dijon Ranch Chicken Salad * Faux Potato Salad * Peanut Butter Fudge Cake with Peanut Butter Drizzle Complete with information on how to use and care for a slow cooker, how to convert your favorite low-carb recipes for slow cooking, and macronutrient counts for each recipe, The Everyday Low-Carb Slow Cooker Cookbook is guaranteed to put the fun back into cooking and make your life a whole lot easier.

作者介绍:

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