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5E1 - KIM CHANEL

NEW YORK TIMES BESTSELLER Create easy and delicious meals for two with Slow Cooking for Two. If you're short on time, few in numbers, and craving the comfort of a home-cooked meal, Slow Cooking for Two is here to save the day. Slow Cooking for Two offers 101 easy recipes meant for just two people, including soups, stews, casseroles, desserts, and more. Slow Cooking for Two will save you time and money with simple and delicious meals that are flavorful without requiring hours of preparation. Slow Cooking for Two will give you all the tools you need to start enjoying slow cooking for two people, with: 101 easy slow cooker recipes specifically designed for 1½ and 2-quart slow cookers Comforting Slow Cooking for Two recipes, including Minestrone Soup, Beef Bourguignon, Chicken Pot Pie, Mac and Cheese, and Turtle Brownies Easy one-pot meals, including Short Ribs with Polenta and Meat Loaf with Potatoes Practical techniques for slow cooking for two, including shopping lists, and food preparation and storage tips Slow Cooking for Two will make it easy for you (and one more!) to enjoy delicious and hassle-free meals.

Whether you're new to the world of slow cookers -- or just looking to explore the full potential of your existing slow cooker -- this may be the only cookbook you'll ever need. Book jacket.

The Essential Slow Cooker Recipe Book #2020 Easy and Delicious Recipes for Every Day ★ incl. Indian Recipes ★ There are no words to fully describe the satisfaction of coming home after a testing day out in the world, to find a perfectly prepared meal waiting for you. Hot and tasty and ready to serve! And made by you while you were out living life and experiencing the world outside your kitchen. This is the joy of having a slow cooker of your very own. * You want to learn some important things about equipment and usage? * You want to eat healthy and save time in the kitchen with easy, set-and-forget recipes? * You want to make your evening with friends perfect? * You need a big variety of recipes for different occasions? * You want to know how you can serve your family and friends healthy and delicious recipes every weekend? Here you found the right book! You will find countless recipes all compatible with the Slow Cooker. It doesn't matter if you are a beginner or an expert; this book offers something for everyone and every level of expertise. Everything is clearly explained, easy to follow, yet offers some new insight and tricks and twists. It will give you some new ideas and make your culinary life more interesting. Discover the possibilities that are open to you with the Slow Cooker... take advantage now! You won't want to miss this opportunity to learn something new and existing to add to your repertoire in the kitchen. Open this book and enjoy!

Are you tired of eating unhealthy take away on the go because you don't have the time to cook? Do you want your children to start eating more nutritious foods that don't involve you spending hours slaving away at the stove? Are you a student with little time to spare between lectures and studying? Have you recently retired and would like to spend more time doing the things that you enjoy instead of cooking? Or maybe you just don't like cooking, and you are looking for an easier option? If you have answered yes to any of these questions, then you have come to the right place! The slow cooker is the most efficient cooking utensil you will ever need! Simply add the ingredients to the pot, get on with your day, and return home to the fresh aroma of a healthy cooked meal. Your days of standing in the kitchen cooking for hours are officially over! In this book you will find 80 delicious slow cooker recipes as well as the following: Detailed nutritional facts for each recipe A variety of recipes including breakfast, poultry, beef, lamb, pork, vegetables, vegan, desserts, fish, and seafood Must have ingredients to keep in your cupboard Charts for cooking times And much more..... The choice of recipes in this book is so vast that you will never run out of delicious, fun, and healthy recipes to cook! What are you waiting for, make the wisest decision you have made today and click on the buy button!

You must see this to believe it! You will be surprised at the tasty treats that await you in the Vegan Slow Cooker Cookbook: Top 31 Vegan Slow Cooker Recipes. your general health. Not only will you have a step by step guide, but it will also be simple to understand. This is a sneak peek at what is in store if you decide to own your copy: Spiced Granola with Fruit and Nuts Spinach and Artichoke Pasta Italian Eggplant Casserole with Cashew-Tofu Ricotta Slow-Cooked Coconut Raisin Rice Pudding Cauliflower - Rice - Sushi Bowls with Tofu These are some of the nutritional examples of how you will learn Vegan is a much healthier diet choice: Reduced saturated fats to improve cardiovascular health Carbs needed to keep from burning muscle tissue Healthier Protein Choices including nuts and grains You know the best way to discover the full details by grabbing your copy now! Happy Slow Cooking! Tags: vegan slow cooker recipes beginners cookbook healthy easy low carb weight loss vegan slow cooker recipes vegan cookbooks vegan cookbook vegan cookbook for beginners vegan cookbooks best sellerk vegan cookbook by americas test kitchen vegan cookbook crockpot vegan cookbook desserts vegan cookbook diet plan vegan cookbook easy vegetarian slow cooker recipes vegetarian crockpot recipes vegetarian slow cooker cookbook vegan slow cooker cookbook vegetarian crock pot meals vegetarian slow cooker meals best vegan slow cooker cookbook best vegetarian slow cooker cookbook vegan slow cooker meals vegan recipes vegan recipes uk vegetarian recipes slow cooker vegetarian dishes easy vegan recipes vegetarian crockpot recipes for tasty healthy meals vegan lunch recipes healthy vegetarian crockpot recipes vegetarian crock pot dishes vegan dessert recipes vegan dinner recipes vegan salad recipes slow cooker vegetarian meals recipes vegan casserole recipes vegan tofu recipes vegan bean recipes vegan quinoa recipes best vegetarian crockpot recipes high protein vegan recipes ten vegetarian crockpot recipes slow cooker veggie meals easy vegetarian slow cooker meals vegan main dish recipes fat free vegan recipes everything vegetarian slow cooker cookbook slow cooker

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Welcome to the Crock Pot Cooking World! Are you a busy or a lazy man? Are you not familiar with cooking? Do you often have no time to cook foods? Have you already been fed up with cooking everyday? Do you want to have delicious and nutritional foods just using a multi-functional cooking appliance? If your answer is yes for any one of these questions, then this book is for you! Just keep reading! Cooking with a crock-pot is a speedy, simple and healthy way of cooking at home. In contrary to the normal cooking methods, you do not need to master a wide range of cooking skills, learn a variety of techniques and spend a lot of time drenching over a hot oven or stove, as the case is always different when using the crock-pot to cook. In using the crock-pot, everything is often simplified because, you don't need to have a knowledge of how to do anything else than measure and chop your foods for the vast majority of these recipes. And then, for most of them, you won't need anything other than a chopping board, knife, some measuring tools, and your crock-pot. Also in using this appliance, you no need to worry about what you can or can't have in a student flat or a hotel room, as your crock-pot will do all the work for you. You also no need worry about putting too much time into it, as you can insert your ingredients together in minutes, leave the house, and come back home in a few hours time to a fully prepared breakfast, lunch, or dinner, I mean life couldn't be more easier. And so in this book, you will learn on how to pick a crock-pot that is right for you, how to use your crock-pot, how to adapt to a new healthy lifestyle and what to cook on different occasions. All the recipes in this book are detailed with the cooking processes, preparation time, allergy warnings, and their suitable diets, making it needless of worrying about being rational at calculating calories in ingredients, every time you want to make dinner. In addition to that, it comes with an astute lucid sample meal plan, based on the recipes in this book, with meals that are healthy, wholesome, suitable for a wide range of diets and most importantly, abrupt and apparent. We believe you will get all the benefits from this book! Welcome to the Crock Pot Cooking World!

Get more out of your veggies, wallet, and time in the kitchen with The Super Easy Vegan Slow Cooker Cookbook. When it comes to ease and convenience in the kitchen, the slow cooker is a must-have appliance. Now the slow cooker is becoming synonymous with healthy eating as well, offering benefits that increase nutrition while also decreasing cook time and stress. By using a slow cooker for both full meals and basic staples, cooking instructor and founder of the popular food blog, Plant Based on a Budget, Toni Okamoto creates simple, healthy meals that are packed full of flavor and nutrients. In The Super Easy Vegan Slow Cooker Cookbook Toni shows you how to get your money's worth when making vegan meals at home. The easy-to-follow recipes in The Super Easy Vegan Slow Cooker Cookbook make it simple to enjoy healthy vegan meals that you'll love to eat--without the fuss of using multiple pots and pans. With The Super Easy Vegan Slow Cooker Cookbook you will: Stock up on vegan slow cooking staples like beans and lentils Enjoy more than 100 healthy, flavorful plant-based meals Create complete meals with just 15 minutes of active prep time Choose from a range of variations on classic vegan dishes--as well as recommendations for super-simple salads to be served alongside Find out how The Super Easy Vegan Slow Cooker Cookbook will save you time and money while serving up wholesome, tantalizing dishes such as: Spicy Ethiopian Lentil Stew, Corn Salad with Creamy Avocado Lime Dressing, Curried Ginger Butternut Squash Soup, Grilled Romaine Hearts with Miso Dressing, and much more.

The author of The Gourmet Vegetarian Slow Cooker presents dozens of easy, flavorful soup recipes that can be made in a countertop slow cooker, from Ribollita and French Onion to Swedish Rhubarb Raspberry Soup and Garnet Yam Soup with Coconut Cream.

The Gourmet Slow Cooker and The Gourmet Slow Cooker: Volume II showed home cooks everywhere that a slow cooker is perfectly capable of turning out meals that are sophisticated enough to serve to guests. It's simply a matter of using imaginative recipes that bring together fresh, flavor-packed ingredients—and then setting the timer. In The Gourmet Vegetarian Slow Cooker, author Lynn Alley offers up more than fifty dishes, each one vegetarian, some of them vegan, and all of them delicious. The recipes are drawn from the world's great cuisines and include breakfasts, soups, main courses, sides, and desserts. Dishes, such as Spiced Basmati Rice Breakfast Cereal, Smoky Potage Saint-Germain, Polenta Lasagna with Tomato-Mushroom Sauce, Soy-Braised Potatoes, and Mexican Chocolate Pudding Cake, are each paired with a beverage that is meant to complement the meal. Whether you are a vegetarian hard-pressed to find enticing recipes for your slow cooker, an omnivore looking to expand your repertoire, or a follower of a vegetable-focused diet, The Gourmet Vegetarian Slow Cooker will help you put many delightful meat-free dinners on the table with convenience and ease.

Get the recipes everyone is talking about in the debut cookbook from the wildly popular blog, Skinnytaste. Gina Homolka is America's most trusted home cook when it comes to easy, flavorful recipes that are miraculously low-calorie and made from all-natural, easy-to-find ingredients. Her blog, Skinnytaste is the number one go-to site for slimmed down recipes that you'd swear are anything but. It only takes one look to see why people go

crazy for Gina's food: cheesy, creamy Fettuccini Alfredo with Chicken and Broccoli with only 420 calories per serving, breakfast dishes like Make-A-head Western Omelet "Muffins" that truly fill you up until lunchtime, and sweets such as Double Chocolate Chip Walnut Cookies that are low in sugar and butter-free but still totally indulgent. The Skinnytaste Cookbook features 150 amazing recipes: 125 all-new dishes and 25 must-have favorites. As a busy mother of two, Gina started Skinnytaste when she wanted to lose a few pounds herself. She turned to Weight Watchers for help and liked the program but struggled to find enough tempting recipes to help her stay on track. Instead, she started "skinny-fying" her favorite meals so that she could eat happily while losing weight. With 100 stunning photographs and detailed nutritional information for every recipe, The Skinnytaste Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love.

Don't know what to make for dinner? Is every evening an occasion for duress and deliberation? No more! What the F*#@# Should I Make For Dinner? gets everyone off their a**es and in the kitchen. Derived from the incredibly popular website, whatthefuckshouldimakefordinner.com, the book functions like a "Choose your own adventure" cookbook, with options on each page for another f*#@#ing idea for dinner. With 50 recipes to choose from, guided by affrontingly creative navigational prompts, both meat-eaters and vegetarians can get cooking and leave their indecisive selves behind.

-55% OFF FOR BOOKSTORES! The first slow cookers appeared on the market in the early '70s and their popularity has never stopped growing. The original slow cooker was called a crockpot, because of the ceramic 'casserole' inside the cooker, and the name 'crock pot' is now often used generically. Today, the numbers of slow-cooker enthusiasts are growing, as they learn from their friends how useful a slow cooker can be. From students to business people, slow-cooker users can't praise enough the joy of being able to get a meal together with the minimal amount of preparation and then to come home after a busy day to a hot meal that's ready to eat. These days, too, as people aim to save on fuel for cooking the slow cooker has earned its place in the modern kitchen. Because on average it saves about 80 percent of the energy of normal cooking, you couldn't ask for a better way to produce a nourishing and healthy hot meal that's eco-friendly. The flavors of soups, casseroles, and stocks blend and meld beautifully, meats cook to be rich and tender with little shrinkage, and because food is not turned during cooking, it doesn't break up, so softer ingredients such as fish and fruit cook perfectly and remain whole. With the steam sealed in, you will also notice that there is less in the kitchen than when you cook with a conventional cooker. Because slow cookers have at least two settings, you can choose to cook on Low - so your dish cooks all day while you are out at work taking half the time. The perfect option for our busy lifestyles. All in all, the slow-cooker experience is one that is appealing to more and more people. This book contains a selection of the tastiest and quickest dishes to appeal to veteran slow-cooker users and those who have just discovered this wonderful piece of kitchen equipment. We hope you will enjoy them. What are you still waiting for? Grab your copy now!

Most people do not have time to eat at home. Either they are too busy to cook their food, or they do not know how to cook in the first place. The thing is that there are so many benefits why it is important for us to cook our own food. Aside from saving money, we can also safeguard our health as we know what we put in our foods. Whether you are a busy working mom, a college student with little exceptional skills, or someone who just do not like cooking, is there a way for you to eat delicious foods despite your many limitations? This book will help you create simple and practical 5-ingredient dishes that are delicious and easy. What makes people turned off to cooking their own meals is that so many recipes requiring complicated steps and hard-to-find ingredients. But it does not have to be that way. There is still a way for you to rekindle your relationship with food and cooking as long as you have the Crock-Pot Express. Let this book serve as your ultimate guide on how to prepare simple, practical, easy, and practical dishes using 5 ingredients and less. You will be able to create sumptuous dished without sacrificing taste and quality even if you have zero kitchen skills. Top 100 5 Ingredients or Less Crock Pot Express Recipes The Benefits of Cooking With 5-Ingredients or Less 5-Ingredient Recipes for Beans, Meat, Rice, Desserts, and Slow Cooker Nutritional Information for Each Recipe Learn How to Make These Practical and Sumptuous 5-Ingredient Recipes: Shrimp and Black Bean Enchiladas Sweet Potato and Black Bean Chili Slow Cooked Baby Back Ribs Thai Coconut Pork Curry Simple Mexican Quinoa Easy Vegetable Fried Rice Slow Cooked 3-Ingredient Peach Cobbler More and more

Let's face it. Most recipe books aren't made for you, whether you're an empty nester, a part of a couple, a frazzled professional, a single mom or a broke college student. You're low on time, and 8 to 10 servings would feed you for weeks. Plus: you want to focus on superfoods and other weight-loss-revving ingredients, without busting the bank. The Healthy Slow Cooking for Two Cookbook is your essential tool for weight loss and nutritional guidance, without making you go broke, waste food, or worse-force you to overeat. It's rich with superfood-heavy recipes, each with just two or four servings, and focused on quality, not quantity. Make stew without tossing half of it into the trash next week. Experiment with fish recipes or flavorful dishes from Africa and Asia (or just stick to American cuisine!). Heck, even make dessert-knowing that the ingredients in this book are poised to help you on your weight loss journey, not destroy you. Breakfast is now simple. And best of all: you can just toss the ingredients into your slow cooker, set it, and forget it, and have a perfect meal for two, just a few hours later. With preparation times listed, this book helps you plan your particular life, and keep your metabolism rolling. Here are just a few of the delicious recipes you will discover in this book: South of the Border Taco Chicken Chili Turkey Meatball With Superfood Kale Soup Butternut Squash Soup for Two Wild Rice and Chicken Soup White Chili with Quinoa and Roasted Peppers BBQ Pulled Chicken for Easy Sandwiches Slow Cooked Greek Salmon Chicken and Shrimp Gumbo Delicious Salmon Curry Louisiana's BBQ Shrimp Soul-Warming Turkey Meatballs Thyme for Lemon Turkey Breast Beef Stuffed Peppers Curried Beef Roast Stuffed Cabbage Rolls Chinese-Style Beef and Broccoli And so much more! SCROLL UP AND CLICK 'BUY' TO ORDER YOUR COPY INSTANTLY

Over 200 inventive recipes for delicious meals that are ready when you are. Would you like to cut down on convenience food? Want to eat home-cooked meals but just don't have the time or energy to prepare them after a busy day? Then a slow cooker could be the solution for you. Requiring only minimal preparation, a slow cooker will cook your ingredients throughout the day or overnight, producing a delicious meal that will be ready to eat as soon as you are. 200 Slow Cooker Recipes provides over 200 recipes for you to enjoy, with delicious ideas for breakfasts and light bites, meat dishes, vegetarian meals, fish and seafood dishes and desserts.

For many people, the downside of eating healthily is the thought of having to spend hours preparing and cooking meals. This inspirational, full-colour recipe book shows how a slow cooker can enable you to have a very healthy, home-cooked diet with just a few minutes spent in the kitchen. Author Dannii Martin reveals how her slow cooker changed her life. She ditched her fast food and ready meals habit and learned to cook from scratch, transforming herself from an unhealthy student into a healthy young mum and losing seven stone along the way. The Healthy Slow Cooker includes 100

recipes, each with a colour photo, and indicates clearly how long each recipe will take to cook for easy planning. You'll find: · Sustaining breakfasts such as Superfood Porridge, and Dark Chocolate and Cherry Granola · Healthy meat, fish and vegetarian main meals, including Vietnamese-style Chicken with Pak Choi, Sesame Beef with Broccoli, Lemon and Chive Salmon and Leafy Green Madras · Tasty side dishes such as Baba Ganoush and Salsa · Desserts and drinks including Apple and Pear Crumble and Apple Chai Latte The book also includes healthy options of some popular 'comfort' dishes, together with tips for choosing your slow cooker and how to get the most out of it.

Comfort classics with a lighter spin, from the creator of the healthy-eating blog Well Plated by Erin. Known for her incredibly approachable, slimmed-down, and outrageously delicious recipes, Erin Clarke is the creator of the smash-hit food blog in the healthy-eating blogosphere, Well Plated by Erin. Clarke's site welcomes millions of readers, and with good reason: Her recipes are fast, budget-friendly, and clever; she never includes an ingredient you can't find in a regular supermarket or that isn't essential to a dish's success, and she hacks her recipes for maximum nutrition by using the "stealthy healthy" ingredient swaps she's mastered so that you don't lose an ounce of flavor. In this essential cookbook for everyday cooking, Clarke shares more than 130 brand-new rapid-fire recipes, along with secrets to lightening up classic comfort favorites inspired by her midwestern roots, and clever recipe hacks that will enable you to put a healthy meal on the table any night of the week. Many of the recipes feature a single ingredient used in multiple, ingenious ways, such as Sweet Potato Boats 5 Ways. The recipes are affordable and keep practicality top-of-mind. She's eliminated odd leftover "orphan" ingredients and included Market Swaps so you can adjust the ingredients based on the season or what you have on hand. To help you make the most of your cooking, she's even included tips to store and reheat leftovers, as well as clever ideas to turn them into an entirely new dish. From One-Pot Creamy Sundried Tomato Orzo to Sheet Pan Tandoori Chicken, all of the recipes are accessible to cooks of every level, and so indulgent you won't detect the healthy ingredients. As Clarke always hears from her readers, "My family doesn't like healthy food, but they LOVED this!" This is your homey guide to a healthier kitchen.

A practical guide to slow cooker cuisine features an array of vegetarian recipes such as Louisiana Ratatouille, Cider Baked Beans, and Meatless Mousaka, along with information on the basics of slow cooking and common pantry ingredients. Original.

Crockpot TODAY SPECIAL PRICE - 1001 Best Crock Pot Recipes of All Time (Limited Time Offer) Over 1,000 of Healthy and Delicious Crockpot Recipes with Easy-to-Follow Directions! The modern fast paced world we live in makes cooking a difficult task. Days go by incredibly fast with work, time spent in traffic, kids and family and sometimes mixing up a proper lunch or dinner is the last of our concerns. But don't you wish it was different? Don't you wish you could eat a nutritious meal every day without the hassle of mixing and supervising it above the stove? Let me tell you that it is possible and it has one answer - slow cooking! A crock pot resolves all your cooking problems regarding time and money and it is capable of allowing you to cook a wide range of recipes to satisfy the tastes of even the pickiest eaters. Collecting 1001 recipes between its pages, this book is an invaluable collection for both beginners and experts in slow cooking. No more blanching, boiling, simmering or roasting on the stove. Instead, just chop ingredients up and mix them in your crock pot then turn it on and allow it to do its magic! It's that simple and easy! Each recipe is straightforward and it requires easy to find ingredients, as well as some very basic cooking skills. Here's what you will find in this book: * Amazing appetizers * Rich and nutritious main dishes (vegetarian, chicken, pork and beef) * Luscious desserts * Delicious beverages Wait no more! Grab your copy today and change your life style and diet for good! No more junk food, no more extra money spent on restaurants, no more food that has no nutrients! Instead

A compilation of recipes taken from Petersen's blog, <http://www.365daysofcrockpot.blogspot.com> .

A perfect and irresistible idea: A cookbook filled with delicious, healthful recipes created for everyone on a tight budget. While studying food policy as a master's candidate at NYU, Leanne Brown asked a simple yet critical question: How well can a person eat on the \$4 a day given by SNAP, the U.S. government's Supplemental Nutrition Assistance Program informally known as food stamps? The answer is surprisingly well: Broiled Tilapia with Lime, Spicy Pulled Pork, Green Chile and Cheddar Quesadillas, Vegetable Jambalaya, Beet and Chickpea Salad—even desserts like Coconut Chocolate Cookies and Peach Coffee Cake. In addition to creating nutritious recipes that maximize every ingredient and use economical cooking methods, Ms. Brown gives tips on shopping; on creating pantry basics; on mastering certain staples—pizza dough, flour tortillas—and saucy extras that make everything taste better, like spice oil and tzatziki; and how to make fundamentally smart, healthful food choices. The idea for Good and Cheap is already proving itself. The author launched a Kickstarter campaign to self-publish and fund the buy one/give one model. Hundreds of thousands of viewers watched her video and donated \$145,000, and national media are paying attention. Even high-profile chefs and food writers have taken note—like Mark Bittman, who retweeted the link to the campaign; Francis Lam, who called it "Terrific!"; and Michael Pollan, who cited it as a "cool kickstarter." In the same way that TOMS turned inexpensive, stylish shoes into a larger do-good movement, Good and Cheap is poised to become a cookbook that every food lover with a conscience will embrace.

Our recipes are no fuss, low calorie and really do only need 5 ingredients to deliver a delicious, nutritious slow cooker meal that will allow you stay on track with your weight loss efforts.

NEVER COOK SEPARATE MEALS AGAIN! 100 yummy recipes from the UK's number 1 food blog. Most parents have to deal with the fateful 'Fussy Eater' at some point in their lives - let My Fussy Eater show you the easy way to get your children eating a variety of healthy, delicious foods. Packed full of family-friendly recipes, entire meal plans and the all-important tips on dealing with fussy eaters, you'll be guided every step of the way. You'll no longer need to cook separate meals for you and your children - saving time, money and stress. The never-seen-before recipes will take 30 minutes or less to prepare and cook, using simple, everyday ingredients. Make in bulk for easy meal times, and get your fussy eaters finally eating fruit and vegetables! My Fussy Eater provides practical, easy and delicious solutions for fussy eaters the whole family can enjoy!

Author of the #1 Best Selling The Skinny Slow Cooker Recipe Book The Skinny Slow Cooker Student Recipe Book Low Calorie, Low Budget, Slow Cooker Meals For Hungry Students Great tasting, no fuss, low budget AND low calorie slow cooker meals for students. The slow cooker should be the essential kitchen gadget on every student's checklist. Whether you're a fresher, post grad, taking a gap year or just starting out in your first home this collection of skinny low calorie recipes will suit any calorie conscious scholar's budget. Keeping prep time to a minimum, our simple recipes are a breeze to follow with no prior cooking experience needed. With a few essential store cupboard ingredients, some basic kitchen tools, a slow cooker and a desire

to cook healthy, balanced, low calorie meals, any student can recreate a taste of home. With some savvy shopping tips, and as little as 10 mins prep, everything is in the slow cooker and left to cook slowly to perfection. Ideal for cooking ahead and freezing portions for another day and for entertaining friends. Includes: Over 70 great tasting slow cooker meals under 500 calories Tips to get the most out of your shopping budget Basic food hygiene Essential store cupboard ingredients Essential kitchen tools Need to know cooking techniques Tips on using your slow cooker You may also enjoy other titles in the Skinny calorie counted series. Just search 'CookNation. www.cooknationbooks.com www.bellmackenzie.com

Presents eighty recipes for Mediterranean meals prepared using an electric slow cooker, including such dishes as braised Basque chicken, Portuguese seafood stew, and spicy Moroccan tagines.

This unique guide to preparing Indian food using classic slow-cooker techniques features more than 50 recipes, beautifully illustrated with full-color photography throughout. These great recipes take advantage of the slow cooker's ability to keep food moist through its long cooking cycle, letting readers create dishes with far less oil and saturated fat than in traditional recipes. Anup Singh shows the busy, harried family that cooking healthy is simple and that cooking Indian is just a matter of understanding a few key spices. Her "Indian Spices 101" chapter introduces readers to the mainstay spices of an Indian kitchen, as well as how to store, prepare, and combine them in different ways. Among her 50 recipes are all the classics — specialties like dal, palak paneer, and gobi aloo — and also dishes like butter chicken, keema, and much more. The result is a terrific introduction to making healthful, flavorful Indian food using the simplicity and convenience of the slow cooker.

-55% OFF FOR BOOKSTORES! The first slow cookers appeared on the market in the early '70s and their popularity has never stopped growing. The original slow cooker was called a crock pot, because of the ceramic 'casserole' inside the cooker, and the name 'crock pot' is now often used generically. Today, the numbers of slow-cooker enthusiasts are growing, as they learn from their friends how useful a slow cooker can be. From students to business people, slow-cooker users can't praise enough the joy of being able to get a meal together with the minimal amount of preparation and then to come home after a busy day to a hot meal that's ready to eat. These days, too, as people aim to save on fuel for cooking the slow cooker has earned its place in the modern kitchen. Because on average it saves about 80 per cent of the energy of normal cooking, you couldn't ask for a better way to produce a nourishing and healthy hot meal that's eco-friendly. The attraction goes further than this. Cheaper cuts of meat that need longer cooking are transformed into meltingly tender and flavourful meals. Food keeps moist, and the flavours and nutrients are trapped in, because the gentle heat creates less evaporation, and as the steam condenses on the lid it drips back into the casserole taking the flavours with it. The flavours of soups, casseroles and stocks blend and meld beautifully, meats cook to be rich and tender with little shrinkage, and because food is not turned during cooking, it doesn't break up, so softer ingredients such as fish and fruit cook perfectly and remain whole. With the steam sealed in, you will also notice that there is less in the kitchen than when you cook with a conventional cooker. Because slow cookers have at least two settings, you can choose to cook on Low - so your dish cooks all day while you are out at work taking half the time. The perfect option for our busy lifestyles. All in all, the slow-cooker experience is one that is appealing to more and more people. This book contains a selection of the tastiest and quickest dishes to appeal to veteran slow-cooker users and those who have just discovered this wonderful piece of kitchen equipment. We hope you will enjoy them. What are you still waiting for? Grab your copy now!

The debut cookbook from the Saveur blog award-winning Internet expert on making eating cheap dependably delicious As a college grad during the recent great recession, Beth Moncel found herself, like so many others, broke. Unwilling to sacrifice eating healthy and well—and armed with a degree in nutritional science—Beth began tracking her costs with obsessive precision, and soon cut her grocery bill in half. Eager to share her tips and recipes, she launched her blog, Budget Bytes. Soon the blog received millions of readers clamoring for more. Beth's eagerly awaited cookbook proves cutting back on cost does not mean cutting back on taste. Budget Bytes has more than 100 simple, healthy, and delicious recipes, including Greek Steak Tacos, Coconut Chicken Curry, Chorizo Sweet Potato Enchilada, and Teriyaki Salmon with Sriracha Mayonnaise, to name a few. It also contains expert principles for saving in the kitchen—including how to combine inexpensive ingredients with expensive to ensure that you can still have that steak you're craving, and information to help anyone get acquainted with his or her kitchen and get maximum use out of the freezer. Whether you're urban or rural, vegan or paleo, Budget Bytes is guaranteed to delight both the palate and the pocketbook.

Finally a book that combines the fresh, exuberant flavors of great Italian food with the ease and comfort of a slow cooker. Michele Scicolone, a best-

selling author and an authority on Italian cooking, shows how good ingredients and simple techniques can lift the usual "crockpot" fare into the dimension of fine food. Pasta with Meat and Mushroom Ragu, Osso Buco with Red Wine, Chicken with Peppers and Mushrooms: These are dishes that even the most discriminating cook can proudly serve to company, yet all are so carefree that anyone with just five or ten minutes of prep time can make them on a weekday and return to perfection. Simmered in the slow cooker, soups, stews, beans, grains, pasta sauces, and fish are as healthy as they are delicious. Polenta and risotto, "stir-crazy" dishes that ordinarily need careful timing, are effortless. Meat loaves come out perfectly moist, tough cuts of meat turn succulent, and cheesecakes emerge flawless.

Delicious Recipes Under 300, 400 And 500 Calories The original 'Skinny' slow cooker recipe book! Inexpensive, healthy meals for you and your family with the minimum of fuss. This No.1 bestselling collection of tasty recipes uses simple and inexpensive fresh ingredients. They are packed full of flavour & goodness and proves that diet can still mean delicious! Recipes include: • Rustic Chicken Stew (Cacciatore) • Zingy Lime Chicken • Sweet Asian Chicken • Italian Meatballs • Scottish Stovies • Budapest's Best Beef Goulash • Enchilada El Salvador • Aromatic Kicking Pork Ribs • Sweet & Sour Pineapple Pork • Cowboy Casserole • Marrakesh Lamb • Green Thai Fish Curry • Tuna & Noodle Cassia • Pomodoro Pasta Sauce • St Patrick's Day Soup • Breakfasts, Snacks & Many More.....

In today's ever so busy world, time management is an important element of a successful existence. Re-discovering the economics and health benefits of creating a quick and fast crockpot meal with a minimal amount of preparation is what modern "at home cooking" has become. This cookbook contains: Economical tips on how to shop for slow cooker recipe meals for two Breakfast-In-Bed - slow cooker recipes Desserts - Slow Cooking For Two recipes Romantic Nights In - Slow Cooking For Two recipes And many more! Healthy Slow Cooker Recipes, set it and forget. Perfect for small households, apartment living, students, and anyone else whom enjoys a healthy lifestyle in a short amount of time. BUY Slow Cooking Recipes For Two, today.

-55% OFF FOR BOOKSTORES! The first slow cookers appeared on the market in the early '70s and their popularity has never stopped growing. The original slow cooker was called a crockpot, because of the ceramic 'casserole' inside the cooker, and the name 'crock pot' is now often used generically. Today, the numbers of slow-cooker enthusiasts are growing, as they learn from their friends how useful a slow cooker can be. From students to business people, slow-cooker users can't praise enough the joy of being able to get a meal together with the minimal amount of preparation and then to come home after a busy day to a hot meal that's ready to eat. These days, too, as people aim to save on fuel for cooking the slow cooker has earned its place in the modern kitchen. Because on average it saves about 80 percent of the energy of normal cooking, you couldn't ask for a better way to produce a nourishing and healthy hot meal that's eco-friendly. The attraction goes further than this. Cheaper cuts of meat that need longer cooking are transformed into meltingly tender and flavorful meals. Food keeps moist, and the flavors and nutrients are trapped in, because the gentle heat creates less evaporation, and as the steam condenses on the lid it drips back into the casserole taking the flavors with it. The flavors of soups, casseroles, and stocks blend and meld beautifully, meats cook to be rich and tender with little shrinkage, and because food is not turned during cooking, it doesn't break up, so softer ingredients such as fish and fruit cook perfectly and remain whole. With the steam sealed in, you will also notice that there is less in the kitchen than when you cook with a conventional cooker. Because slow cookers have at least two settings, you can choose to cook on Low - so your dish cooks all day while you are out at work taking half the time. The perfect option for our busy lifestyles. All in all, the slow-cooker experience is one that is appealing to more and more people. This book contains a selection of the tastiest and quickest dishes to appeal to veteran slow-cooker users and those who have just discovered this wonderful piece of kitchen equipment. We hope you will enjoy them. What are you still waiting for? Grab your copy now!

Breakfasts, lunches, dinners, and desserts—at the push of a button—from Huevos Rancheros to Brats 'n' Beer, Cajun Chicken Gumbo to Orange-Spiced Coffee. This is the only slow cooker book for busy people. With over four hundred recipes, it saves time and money week after week with easy meals that keep one eating well at home every day. From Old-Fashioned Chicken Pot Pie to Mexican Hot Chocolate Lava Cake, this cookbook contains recipes for everything from soups and roasts to cobblers and puddings, inspiring night after night of great meals. Prep a few ingredients, toss them in the pot, and let the cooker work its magic while you're gone for the day. Return to a slow-cooked, deeply flavored, great-smelling dinner for you and your family—every night!