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Crock-Pot Recipes Cookbook: Healthy Easy And Delicious Dump Meals

CROCK-POT RECIPES COOKBOOK

Healthy, Easy and Delicious Dump Meals



MARK PATTERSON



Synopsis

We all love the smell of a home-cooked dinner. But, the welcoming feeling that we have when we come home from work and our dinner is waiting for us, will definitely make us use the crock-pot over and over again. The best part is that the crock-pot allows us to slow cook our food. This translates into healthier meals because the number of calories is decreased through this procedure.

Furthermore, the most important nutrients in our favorite food are being well preserved. Another great benefit of the crock-pot recipes is that, most of them, are quite easy to prepare. The hard work will be done by the crock-pot itself, when you are at work or you're just spending time with your family.

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Customer Reviews

Very well written crockpot recipes cookbook. Nice and clear ingredients list, very helpful pictures, straight forward cooking instructions and not to mention the tons of recipes. I believe this is one of the best cookbooks I've ever had.

very good

great !

The best crock-pot book I've ever used. Many, many new favorites in this book. I love the fact that the author has not included any filler information: like how to use the crock-pot or some very common recipes. This is my new best cookbook.

Big fan of the crockpot meals here. This cookbook helps me a lot because it provides me with lots (hundreds) of ideas when I'm in the kitchen. I love the fact that the instructions are clear and straight forward. I also like that each recipe comes with nutrition information.

Downloaded this recipes book because I am out of fresh cooking ideas. Found a lot of interesting recipes here. The instructions are well written and you cannot go wrong with any of them even if you are not an expert cook.

Gift for someone

*** LANGUAGE *** Plain English with no profanities. QUICK LOOK This is, or could be, one of those ideal cookbooks for small families looking for delicious, healthy, home-cooked meals. With a few exceptions, that I at first glance presumed were accidental, each entrée includes nutritional information, as well as prep time, and clear-cut ingredient listings and directions. The author even posts some "pro tips," for those desiring something a little better, or a little healthier than good to wow friends and family with. By the way, photographs of the completed food item are included with recipes. Unfortunately, some desserts show the calories from the entrée, but not the information that will be of especial importance to people with ailments, such as diabetes. As I stated above, I think this was intentional, because such desserts should not be consumed by people such as I. Still, as a Type 2 Diabetic, I need to know, especially, the number of grams of carbohydrate for everything I consume. Please refer to the attached photos showing two delicious recipes. The first includes nutritional information, while the second does not. To give a feel for the editing, and the style and flow of this work, I am posting a brief excerpt below. Excerpt Instead of an excerpt, I have attached a couple photographs to help readers decide if this is the cookbook they want. Bottom Line: The Pizza-Stuffed Bell Peppers, alone, made this a welcome addition to my Kindle library. Four

stars out of five. Comments regarding your opinion of this book or of my review, whether favorable or unfavorable, are always welcome. If you buy the book based on my review and become disappointed, especially, I do want to know that and I want to understand how I can improve as a book reviewer. Just please be polite. Thank you.

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