

I Quit Sugar Slow Cooker Cookbook: 85 easy, nutritious slow-cooker recipes for busy folk and families (Paperback)



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Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

I QUIT SUGAR SLOW COOKER COOKBOOK: 85 EASY, NUTRITIOUS SLOW-COOKER RECIPES FOR BUSY FOLK AND FAMILIES (PAPERBACK)

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Pan MacMillan, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Sarah Wilson taught the world how to quit sugar in 8 weeks and then went on to teach everyone how to cook delicious essentials, simply. Sarah incorporates her mindful, sustainable and economical practices - designed to feed the family, individuals and people on the go - to bring back the slow n low approach of slow cooking, which creates densely nutritious meals with no or very low sugar. In I Quit Sugar: Slow Cooker Cookbook, Sarah shares how to: *Minimise waste, save money, use leftovers and buy sustainable cuts of meat *Start the day with hearty breakfasts, create simple staples and clever sides *Find meals that suit your dietary needs with easy to use icons *Slow cook soups and stews, curries and comfort classics (or a little offal for the more adventurous) *Sweeten your day with slow cooked sugar-free cakes and puddingsWritten with all the care and knowledge you have come to expect from the I Quit Sugar team, this is the book that makes sugar-free cooking easier, less expensive and more creative.

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