



The 163 Best Paleo Slow Cooker Recipes: 100% Gluten-free

By Judith Finlayson

Robert Rose Inc. Paperback. Book Condition: new. BRAND NEW, The 163 Best Paleo Slow Cooker Recipes: 100% Gluten-free, Judith Finlayson, Enjoy old standards and new classics with this very topical collection of slow cooker recipes. They've been refined to meet the needs of people who subscribe to the Paleo or Primal lifestyle. The Paleo diet is currently one of the most popular diets being followed today and has been embraced by millions of people. The recipes don't contain any grains or legumes (therefore making all of them gluten-free), no refined sugars, no refined oils or processed ingredients - the basic principles of the diet. Slow cookers are hugely popular because they're so convenient and the results so delicious - all the recipes in this book pay very close attention to Paleo guidelines while also recognizing that there's a wide variety of reasons that people choose to eat Paleo that go beyond weight loss. So there's room to be flexible depending on your personal requirements and expectations of the diet. It's all here: from great family food to more sophisticated recipes for entertaining, not to mention luscious desserts: Starters and Snacks - Eggplant Caviar, Country Terrine, Swedish Meatballs, Braised Tomato Topping;...



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