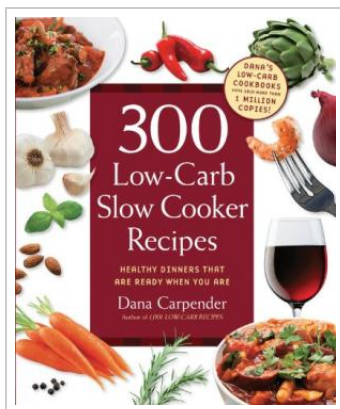




300 Low-carb Slow Cooker Recipes: Healthy Dinners That are Ready When You are

By Dana Carpender

Fair Winds Press. Paperback. Book Condition: new. BRAND NEW, 300 Low-carb Slow Cooker Recipes: Healthy Dinners That are Ready When You are, Dana Carpender, Ah, the wonders of a slow cooker. After a long, hard day you can walk in the door and the aroma of a hot, home-cooked meal fills the air. It's nearly as good as having a personal chef! But for the low-carb dieter, traditional slow cooker recipes that call for potatoes and starchy canned soups can be a problem. Fortunately, 300 Low-Carb Slow Cooker Recipes lets you use your slow cooker and follow your low-carb diet, too! This new, expanded version contains 100 new recipes. Come home to: Tuscan Chicken, Orange Rosemary Pork, Chipotle Brisket, Firehouse Chili and more! Enjoy low-carb treats like Hot Crab Dip and Curried Pecans-even incredible sugar-free desserts like Mochaccino Cheesecake and moist, tender seafood like Lemon-Mustard Salmon Steaks. Every recipe lists the calories, protein, fiber, and usable carbs per serving, so you'll not only be in control of your life and your time, you'll be in control of your diet as well.



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