



Healthy Slow Cooker (Original Series)

Jean Paré

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When you pair the convenience of your slow cooker with healthy ingredients, you can eat better without sacrificing flavour - it's the perfect solution for busy lives! Plus it's a much more economical option compared to dining out every night, or turning to store-bought convenience foods. "Healthy Slow Cooker" is packed with nutritious recipes for appetizers, soups, side dishes, main courses and desserts. Tips for healthier eating, successful slow cooking and time-saving tricks ensure that proper nutrition won't be one of those goals that fall to the wayside. Let "Healthy Slow Cooker" help you get into the groove of healthier eating - all while saving you precious time and money.

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