



## Slow Cooker Cookbook: Vol. 4 Family Friendly Freezer Meals (Paperback)

By Charity Wilson

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Amazing Slow Cooker Freezer Meal Recipes That Free Up Your TimeAre you tired of the dinner rush when you roll through the door after a long day of work? Do you wish you could smell the aroma of an amazing meal, hot and ready for you as you walk into the room?Well, unless you have hired help to do it for you, a slow cooker is exactly what you need. Oh and if you are wondering, yes, a crock-pot is the same thing.Why Use A Slow Cooker?I fell in love with my slow cooker eons ago. It has made living a healthy lifestyle quick and easy for our busy family. Here are just some of the benefits to mastering the art of slow cooking: Less energy used in comparison to a conventional ovenMakes weight loss easier by ensuring you have the healthy meals you need when you need themSaves you time and money (why eat out when your meal is ready at home)Tenderizes tougher and less expensive cuts of meat Better nutrient retention than other cooking methodsGreat for...



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