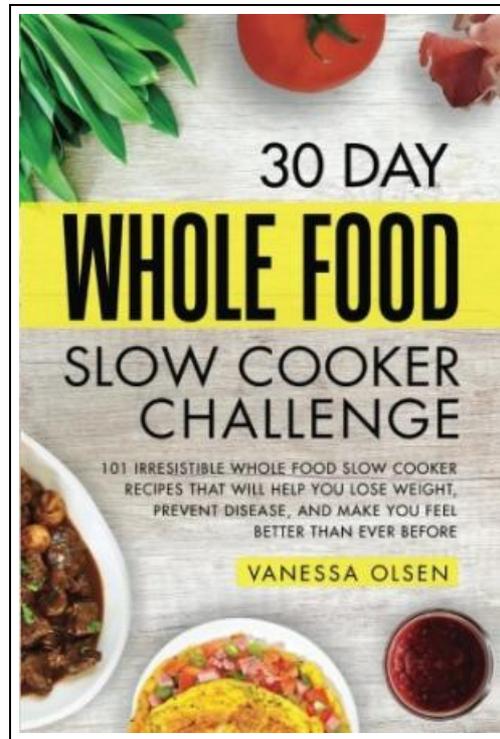


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On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Over 80 of Americans have a slow cooker. If you're one of them, you need this cookbook, and you need to start cooking healthy whole-food recipes with it! The slow cooker as we know it has been around since the 1970s, and has yet to go out of fashion. It's convenient, easy to use, easy to clean, and as you'll soon learn, the perfect way to prepare whole-food meals for the whole family. What are whole foods? It is food as nature intended it - unprocessed and unrefined. So many foods in stores today have had their nutrients stripped out, and are built back up with artificial add-ins, sugar, and other junk to make them bigger and taste better. If you eat this food, the results are poorer health, weight gain, and vulnerability to diseases as serious as diabetes and cancer. With whole foods, however, all the nutrients have been preserved, so you're getting the real deal. It's grass-fed beef, butter, wild-caught fish, organic vegetables and fruit, whole-grains, and so on. You'll be getting all the nutrients like fiber, calcium, and fatty acids that your body craves. The slow cooker is one of the best ways to prepare whole foods, because the nutrients are preserved better than other cooking methods, thanks to the low temperatures. The slow cooking process also creates rich flavors, which are made richer when you add in spices and herbs, so you'll never have to worry about healthy food being tasteless. This book walks you through everything you need to know about slow cooking, from good brands to how to troubleshoot common problems. You'll also find a chapter...

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