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The Skinny Slow Cooker Summer Recipe Book: Fresh & Seasonal Summer Recipes For Your Slow Cooker. All Under 300, 400 And 500 Calories.

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#1 Amazon Best Selling Author

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It's time to get creative with your slow cooker this summer. If you think the slow cooker is only good for hearty, soul warming soups and stews in the colder months, then it's time to open your mind and your kitchen to a whole new world of summer possibilities.

Our skinny collection of summer slow cooker recipes are perfect for those wishing to maintain a balanced, healthy diet. Each recipe serves four and all fall below either 300, 400 or 500 calories. If you are following a calorie controlled diet these delicious slow cooker recipes are the perfect companion to keep your weight loss efforts on track whilst still making the best of the summer.

So it's time to put away your preconceptions and open up to a world of seasonal, fresh, light and healthy summer slow cooker recipes.

The slow cooker is this summer's 'must-have' kitchen appliance!

Recipes include:

Spring Pea & Parmesan Soup
Summer Celery Soup
Spring Vegetable Soup
Glazed Beetroot & Rocket Citrus Salad
Greek Aubergine Salad Spanish Chorizo Salad
Spring Portabella Mushrooms & Chilli Steak Casserole
Anchovy & Broccoli Salad Pesto & Tomato Chicken Salad
Summer Squash & Chilli Linguine
King Prawn & Cherry Tomato Penne
Slow Cooked Spring Garlic Pasta Pesto
Prawn & Tenderstem Broccoli Spaghetti
Chicken, Honey & Olive Pasta
Southern Italy's Summer Sauce
Spring Pea & Parmesan Risotto
Tomato & Fresh Basil Risotto
Fresh Mackerel & Summer Season Peppers

Fresh Herbed Salmon Caribbean Spiced Scallops
Lime Shrimps With Baby Spinach Leaves & Rice
Pineapple Curry King Prawns
BBQ Shredded Beef
Chicken & Pineapple Kebabs
Sweet & Spicy Chicken Wings
Portabella Mushrooms & Dolcelatte Cheese
Smoky Pinto Beans & Fresh Spring Onions
Cajun Spring Greens
Apricot & Pork Tenderloin Casserole
White Bean & Summer Leek Chicken Stew
Fresh Basil & Parmesan Chicken Stew

You may also enjoy these great slow cooker titles by CookNation...

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Norberto Brody:

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William Herold:

As people who live in typically the modest era should be upgrade about what going on or info even knowledge to make these individuals keep up with the era which can be always change and move ahead. Some of you maybe will certainly update themselves by reading books. It is a good choice for you but the problems coming to you actually is you don't know what type you should start with. This The Skinny Slow Cooker Summer Recipe Book: Fresh & Seasonal Summer Recipes For Your Slow Cooker. All Under 300, 400 And 500 Calories. is our recommendation to help you keep up with the world. Why, because this book serves what you want and want in this era.

Thomas Hayden:

Are you kind of stressful person, only have 10 or even 15 minute in your day time to upgrading your mind ability or thinking skill possibly analytical thinking? Then you are experiencing problem with the book as compared to can satisfy your short time to read it because this all time you only find publication that need more time to be study. The Skinny Slow Cooker Summer Recipe Book: Fresh & Seasonal Summer Recipes For Your Slow Cooker. All Under 300, 400 And 500 Calories. can be your answer mainly because it can be read by you who have those short extra time problems.

Joshua Miner:

The book untitled The Skinny Slow Cooker Summer Recipe Book: Fresh & Seasonal Summer Recipes For Your Slow Cooker. All Under 300, 400 And 500 Calories. contain a lot of information on that. The writer explains her idea with easy method. The language is very clear and understandable all the people, so do certainly not worry, you can easy to read it. The book was compiled by famous author. The author provides

you in the new period of literary works. It is easy to read this book because you can read on your smart phone, or model, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site and order it. Have a nice study.

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