

Weight Loss: Weight Loss Crock Pot Cooking, Large Variety of Recipes (Paperback)



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Reviews

Definitely one of the better book We have possibly read. We have read through and i also am certain that i am going to gonna study once again yet again in the foreseeable future. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Enrique Labadie)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.How unique is the eBook? While most cook book cover various recipes that use different cooking techniques, this eBook offers 50 recipes that rely on Crock Pot-based cooking techniques. Crock pots offer distinct advantages over other cooking methods. First, simmering preserves most of the nutrient value lost through frying and boiling. Additionally, this cooking method allows flavors to permeate through the food evenly. The eBook offers advice on Crock pot cooking as well as various recipes that work best with this unique cooking method. Additionally, it advises the reader on the best methods as well as providing nutritional information that could benefit health conscious readers. Foodies with weight management ambitions could also benefit since simmering does not use as much fat and oil as baking and frying. Many cook books available today offer recipes for various foods that readers can prepare through different methods. Such books offer wide variety leaving little room for additional information that could benefit readers. One example of such is nutritional information, which the eBook offers in addition to the actual recipes. Such information makes the cook book a good resource for the modern health conscious reader or foodie.



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