



# Cooking Light Healthy: Crockpot Goodness and Grain Free Recipes

*Carol Lopez, Bennett Rose*

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## **Cooking Light Healthy: Crockpot Goodness and Grain Free Recipes**

Cooking Light Healthy: Crockpot Goodness and Grain Free Recipes Cooking light, healthy meals doesn't have to be impossible, even if you don't have a lot of experience. There's no reason to rely on pre-made options from the grocery store, take-out meals and frozen entrées. These unhealthy foods are actually responsible for all kinds of health problems, despite their convenient appeal. Instead of letting other people control your food and your health, check out this recipe book and learn to make the meals your body craves. This book contains a wide selection of recipes designed specifically for people who want to reduce their reliance on processed grains and other unhealthy ingredients. It's divided into two smaller cookbooks, one focusing on grain-free options and one designed to help you use your slow cooker to produce healthier, better-tasting food. If you're not used to cooking, these cooking books can be a big help. Cooking light has never been so easy, with recipes ranging from traditional oxtail soup to crisp kale mango salad. There are lots of sweets and breakfast options to enjoy, too. You'll love starting the day with a wheat-free zucchini bread or a batch of lemon-drizzled crockpot pancakes. With so many options to choose from, these recipes are sure to be best sellers around your kitchen table. You don't have to be an expert at cooking to enjoy these foods, either. This book is designed especially to help people of any skill level learn to make healthy food and take control of their diets again. You'll lose weight, feel better and reduce your risk of diseases and health problems, all while enjoying delicious meals you can't get anywhere else. If you've been relying on convenience foods and pre-made dinners, it's time for a tasty change. Check out this exciting collection of recipes to help you get started.



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