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Paleo Slow Cooker Recipes: Easy Low-Carb and Gluten-Free Recipes for Paleo Diet

By Valerie Alston

Speedy Publishing LLC, United States, 2015. Paperback. Book Condition: New. large type edition. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. With the cold weather approaching, slow cookers are a staple in many households. They make it a convenient, time-saving method to make just about anything. Simply put the ingredients in the pot, turn it on to simmer for the day. When you come home from a long day at work, you ll have dinner ready and waiting for you and your family. Just because you re following the Paleo diet doesn t mean you have to give up some of your favorite foods. These recipes are sure to be enjoyed by the whole family, even those picky eaters. They re both healthy and great tasting. They are low-carb, gluten-free and delicious. The biggest benefit of cooking in a crockpot is that you can make a large batch and freeze the leftovers.



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