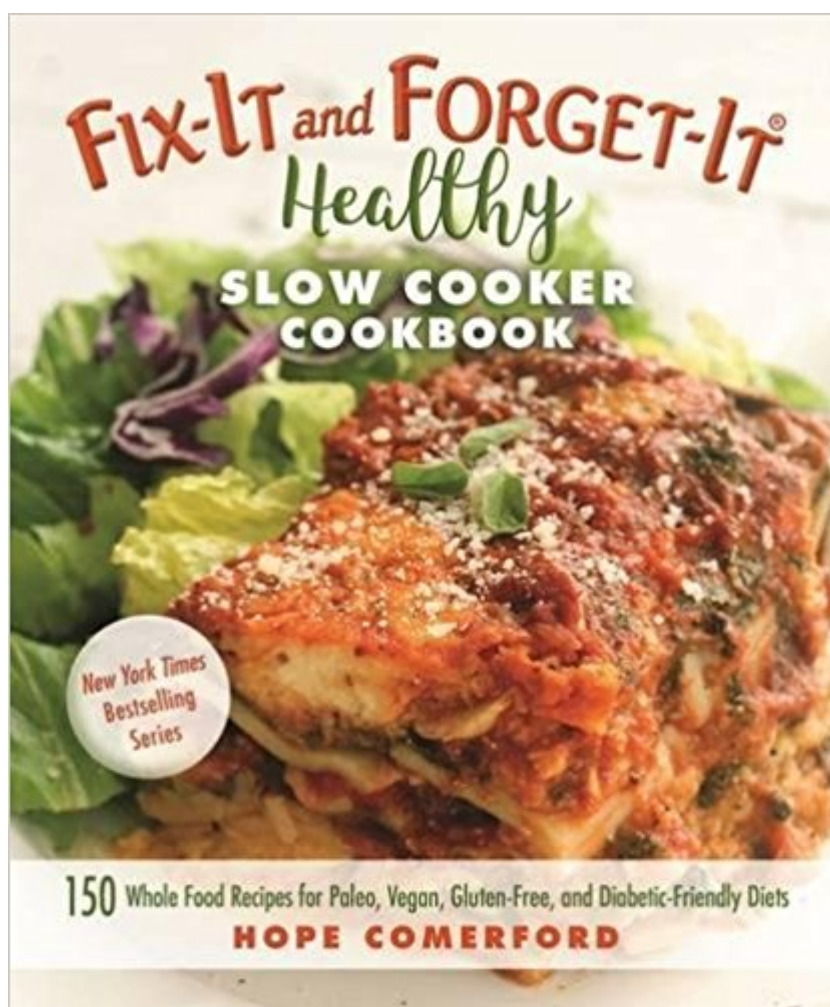


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# Fix-It And Forget-It Healthy Slow Cooker Cookbook: 150 Whole Food Recipes For Paleo, Vegan, Gluten-Free, And Diabetic-Friendly Diets





## Synopsis

Here are the best-loved healthy slow cooker recipes all in one place. Whether your body responds best to a gluten-free, vegan, paleo, low-fat, or low-sugar diet, you will find dozens of easy and delicious recipes that will make dinner a snap. You can trust these recipes because they are:  
Collected from some of America's best home cooks  
Tested in real-life settings  
Carefully selected from thousands of recipes  
Everyone wants to feel like a smart cook, but it's tricky when you're navigating food sensitivities or allergies, different ages, and different dietary needs. Fix-It and Forget-It Healthy Slow Cooker Cookbook has something for everyone, with each recipe tagged to indicate if it is:

Gluten-Free  
Dairy-Free  
Paleo  
Diabetic-Friendly  
Low-Fat  
Vegetarian  
Vegan  
Indexes in the back list recipes by healthy category for easy reference. Finally, a cookbook that makes dinner easy, even for families with diverse dietary needs!

## Book Information

Series: Fix-It and Forget-It

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Average Customer Review: 4.2 out of 5 stars 9 customer reviews

Best Sellers Rank: #24,472 in Books (See Top 100 in Books) #45 in Books > Cookbooks, Food & Wine > Special Diet > Allergies #63 in Books > Cookbooks, Food & Wine > Special Diet > Gluten Free #66 in Books > Cookbooks, Food & Wine > Cooking Methods > Slow Cooking

## Customer Reviews

Hope Comerford is the new author and face of Fix-It and Forget-It cookbooks. She has been the blogger behind *A Busy Mom's Slow Cooker Adventures* for the past six years and is the author of *The Gluten-Free Slow Cooker* and editor of *Fix-It and Forget-It Lazy & Slow Cookbook*. She is passionate about slow-cooking and writing healthy, delicious recipes. She lives in Clinton Township, Michigan.

Exactly what I was hoping for. Lots of slow cooker books have recipes filled with short cut ingredients that contain ingredients we don't use. This one is filled with from scratch recipes and most of them are not something I already make in my slow cooker. Excited to try a bunch of these new recipes!

Love this book. So far everyone has loved what I have made.

Very enjoyable cookbook full of easy and healthy recipes! Simple ingredient lists and not too many expensive or hard to find specialty items required. I cut a lot of these recipes in half since there are only two of us, but if I do make a whole recipe a lot of the food freezes well. I deducted a star because there are a few duds-- such as the orange chicken. A few of the recipes can also come out a little bland if you follow the recipe exactly, so some doctoring is needed from time to time. I especially like that there is a nutritional breakdown for each recipe, showing calories, sugar, carbs, protein, etc, per serving. Each recipe is also conveniently labeled if it's vegetarian, gluten free, Paleo friendly, etc. Overall one of the best slow cooker cookbooks I've used. Most of the things I've made have come out fantastic!

Absolutely fantastic!! This is the first time I have written a review and feel I must because this cookbook so terrific! Every single recipe that I have tried is delicious!! I've never had much luck with crock pot recipes until this!

I have three slow cookers, in different sizes. Hope Comerford's Fix It and Forget It cookbooks offer a great variety of easy, easy to follow recipes..

so many good recipes, i especially like the breakfast oatmeal ones. make enough for the workweek, can reheat in the microwave in a rush in the morning yet still have a healthy breakfast.

Having several Fix-it and Forget-it books, this was exactly what I wanted.

This was a gift, she loved it...

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Gluten-Free, and Diabetic-Friendly Diets Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) The Everyday Paleo Slow Cooker: 100+ Quick and Easy Paleo Slow Cooker Recipes for Busy People (paleo diet, paleo, paleo solution, paleo diet cookbook, paleo books, paleo ebooks, paleo diet kindle) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Slow Cooker Recipes: 2,000 Delicious Slow Cooker Recipes Cookbook (Slow Cooker Recipes, Slow Cooker Cookbook, Slow Cooker Chicken Recipes, Slow Cooker Soup Recipes) Paleo Slow Cooker: Healthy Delicious Paleo Diet Slow Cooker Recipes for Your Family (Slow cooker recipes, Low carb diet, Paleo diet recipes, Paleo Cookbook, Ketogenic Diet, Ketogenic recipes) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners(Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb ) (Cookbook delicious recipes 1) My Grain & Brain Gluten-free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook 30 Day Whole Food Slow Cooker Challenge: Whole Food Recipes For Your Slow Cooker - Quick And Easy Chef Approved Whole Food Recipes For Weight Loss (Slow Cooker Cookbook) 30 Day Whole Food Slow Cooker Challenge: Quick and Easy Whole Food Slow Cooker Recipes For The Everyday Home - Delicious, Triple-Tested, Family-Approved Whole Food Recipes (Slow Cooker Cookbook) Paleo: Paleo Slow Cooker Cookbook: Top 80 Paleo Recipes - Easy, Delicious and Nutritious Paleo Diet Cooking (FREE BONUS) (Paleo Crockpot, Paleo Baking, Whole Food) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Thai Slow Cooker Cookbook: 51 Classic Thai Slow Cooker Recipes with Step By Step Procedure (Thai Recipes, Thai Slow Cooker Recipes, Thai Slow Cooker Cookbook, ... Cooker, Simple Thai Cookbook, Thai Cooking) Slow Cooker Cookbook: 1001 Best Slow Cooker Recipes of All Time (Fast and Slow Cookbook, Slow Cooking, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Dinner, Breakfast, Healthy Meals) Mouthwatering Gluten Free Recipes Slow Cooker Daily Easy Gluten Free Recipes That Your Family Will Love. (Paleo,Slow Cooker, Diet, Cook Book, Beginners, Low Carb,Gluten free, Weight loss Book 1) Slow Cooker Cookbook: 1001 Best Slow Cooker Recipes of All Time (Slow Cooking, Slow Cooker, Meals,

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