



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

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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!

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June Ross:

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