



## Low-Carb, Slow & Easy

*Frances Towner Giedt*

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## **Low-Carb, Slow & Easy** Frances Towner Giedt

Award-winning author Frances Towner Giedt has created the most accessible and appealing collection ever of more than 150 low-carb recipes especially for the slow cooker. The ingredients are readily available, the preparation minimal, the carbs low, and the cooking no-fuss. From appetizers to desserts, and everything in between, these recipes range from updated classic comfort foods to creative combinations and flavorings. So even the most health-conscious reader can throw in some ingredients, switch on the slow cooker, stir once or twice-and kick back. Plus, this one-of-a-kind cookbook includes:

- The latest health information on modified and low-carb diets
- Easy-to-prepare dishes for every occasion
- Recipes ideal for people with diabetes and heart disease
- Directions for adjusting cooking times
- Hints for intensifying flavor
- Comprehensive nutritional analysis and food exchanges for each dish

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