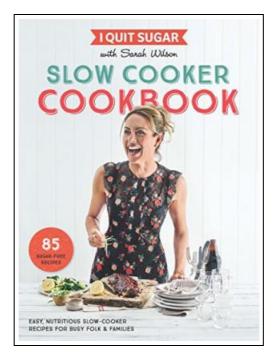
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Reviews

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I QUIT SUGAR SLOW COOKER COOKBOOK: 85 EASY, NUTRITIOUS SLOW-COOKER RECIPES FOR BUSY FOLK AND FAMILIES (PAPERBACK)



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Pan MacMillan, United Kingdom, 2017. Paperback. Condition: New. Language: English. Brand New Book. Sarah Wilson taught the world how to quit sugar in 8 weeks and then went on to teach everyone how to cook delicious essentials, simply. Sarah incorporates her mindful, sustainable and economical practices - designed to feed the family, individuals and people on the go - to bring back the slow n low approach of slow cooking, which creates densely nutritious meals with no or very low sugar. In I Quit Sugar: Slow Cooker Cookbook, Sarah shares how to: *Minimise waste, save money, use leftovers and buy sustainable cuts of meat *Start the day with hearty breakfasts, create simple staples and clever sides *Find meals that suit your dietary needs with easy to use icons *Slow cook soups and stews, curries and comfort classics (or a little offal for the more adventurous) *Sweeten your day with slow cooked sugar-free cakes and puddingsWritten with all the care and knowledge you have come to expect from the I Quit Sugar team, this is the book that makes sugar-free cooking easier, less expensive and more creative.

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