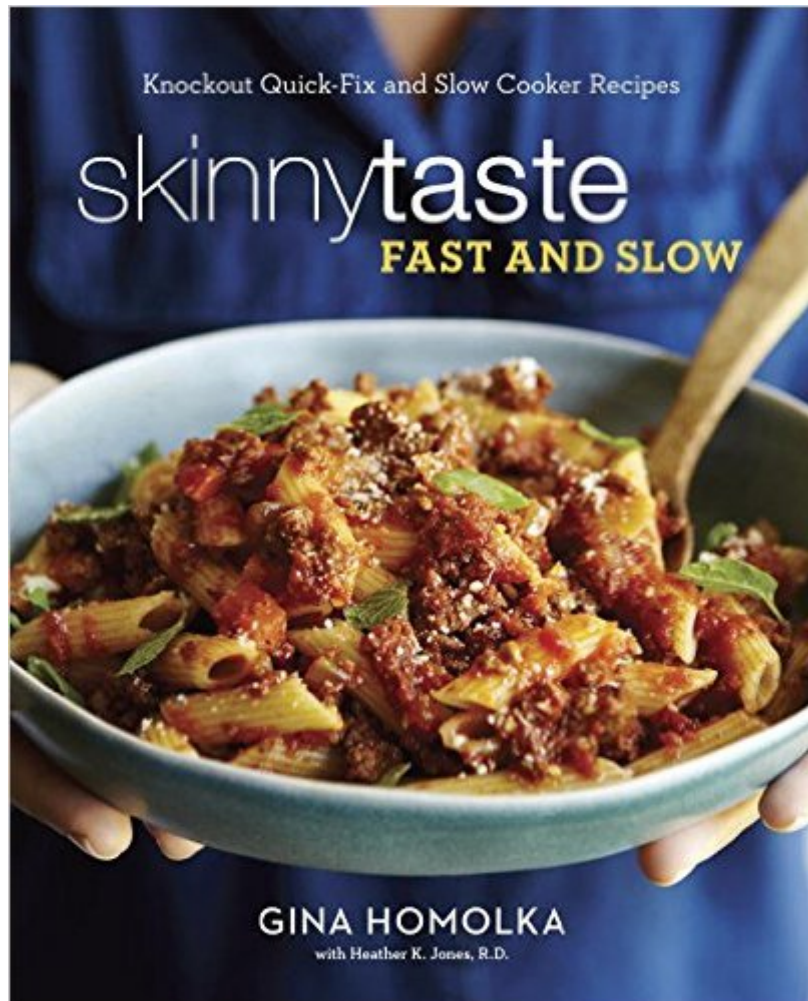


The book was found

# Skinnytaste Fast And Slow: Knockout Quick-Fix And Slow Cooker Recipes



## Synopsis

The easiest, tastiest, most convenient healthy recipes ever! With *Skinnytaste Fast and Slow*, you can get a nutritious, flavor-packed, figure-friendly meal complete with a flourless chocolate brownie made in a slow cooker on the table any night of the week. Gina Homolka, founder of the widely adored blog *Skinnytaste*, shares 140 dishes that come together in a snap whether in a slow cooker or in the oven or on the stovetop. Favorites include: Slow Cooker Chicken and Dumpling Soup, Korean-Style Beef Tacos, Spicy Harissa Lamb Ragu, Peach-Strawberry Crumble Under 30 Minutes, Zucchini Noodles with Shrimp and Feta, Pizza-Stuffed Chicken Roll-Ups, Grilled Cheese with Havarti, Brussels Sprouts, and Apple Cauliflower Fried Rice. Each recipe includes nutritional information, which can help you take steps toward weight and health goals, and many dishes are vegetarian, gluten-free, and freezer-friendly all called out with helpful icons. Gina's practical advice for eating well and 120 color photos round out this indispensable cookbook.

## Book Information

Hardcover: 304 pages

Publisher: Clarkson Potter (October 11, 2016)

Language: English

ISBN-10: 0553459600

ISBN-13: 978-0553459609

Product Dimensions: 8.3 x 1 x 10.3 inches

Shipping Weight: 2.8 pounds (View shipping rates and policies)

Best Sellers Rank: #210 in Books (See Top 100 in Books) #1 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat #1 in Books > Cookbooks, Food & Wine > Cooking Methods > Slow Cooking #2 in Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

[Download to continue reading...](#)

*Skinnytaste Fast and Slow: Knockout Quick-Fix and Slow Cooker Recipes* The Best Slow Cooker Recipes & Meals Cookbook: Over 100 Healthy Slow Cooker Recipes, Vegetarian Slow Cooker Recipes, Slow Cooker Chicken, Pot Roast ... Recipes, Slow Cooker Desserts and more! Rice Cooker Recipes: 50+ Rice Cooker Recipes - Quick & Easy for a Healthy Way of Life (Slow cooker recipes - rice cooker - recipes) Pressure Cooker Cookbook: 100 Quick, Easy, and Healthy Pressure Cooker Recipes for Nourishing and Delicious Meals (Pressure Cooker Recipes, Pressure Cooker) (Volume 1) Quick & Easy Recipes: Over 50 Simple and Delicious Vegan & Vegetarian Rice Cooker

Recipes That Anyone Can Make! Recipes for Weight Loss & Overall ... (Rice cooker Recipes - Rice Cooker Cookbook) Pressure Cooker Cookbook: 370 Quick, Easy, and Healthy Pressure Cooker Recipes for Amazingly Tasty and Nourishing Meals (Pressure Cooker, Electric Pressure Cooker Cookbook) Top 500 Instant Pot Pressure Cooker Recipes: (Fast Cooker, Slow Cooking, Meals, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Dinner) Mr. Food Test Kitchen Cook it Slow, Cook it Fast: More Than 150 Easy Recipes For Your Slow Cooker and Pressure Cooker Slow Cooking for Two: A Slow Cooker Cookbook with 101 Slow Cooker Recipes Designed for Two People Crockpot Recipes: The Top 100 Best Slow Cooker Recipes Of All Time (Crockpot Slow Cooker Cookbook Recipes Meal Preparation) Rice Cooker Zojirushi Guide: The Best Recipes For Your Rice Cooker: Make The Best Tasting Rice Cooker Recipes Quick And Easy DASH Diet Slow Cooker Recipes: 60 Delicious Low Sodium Slow Cooker Recipes (DASH Diet Cookbooks) (Volume 3) Wheat Belly: Top Slow Cooker Recipes: 230+ Grain & Gluten-Free Slow Cooker Recipes for Rapid Weight Loss with The Revolutionary Wheat Belly Diet (The Wheat-Free Cookbook) Emeril's Cooking with Power: 100 Delicious Recipes Starring Your Slow Cooker, Multi Cooker, Pressure Cooker, and Deep Fryer The Paleo Slow Cooker Cookbook: 40 Easy To Prepare Paleo Recipes For Your Slow Cooker Mediterranean Slow Cooker Cookbook: A Mediterranean Cookbook with 101 Easy Slow Cooker Recipes Wheat Belly: Wheat Belly Slow Cooker: 30 Delicious Grain-Free Slow Cooker Recipes for Beginners Fix-It and Forget-It Slow Cooker Champion Recipes: 450 of Our Very Best Recipes The Ultimate Rice Cooker Cookbook: The Best Rice Cooker Recipes Cookbook You Will Find; Over 25 Mouthwatering Rice Cooker Recipes You Will Love! The Big Book of Pressure Cooker Recipes: More Than 500 Pressure Cooker Recipes for Fast and Flavorful Meals

[Dmca](#)