



# Healthy Crockpot Recipes:31 Simple & Tasty Crock pot Recipes: ( The 31 Healthy Recipes Series)

*Patricia Anderson*

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You have an oven and a stove top, and probably a microwave too, so why use a crock-pot? The answer is simple: A meal made in a crock pot is as equally delicious as it is easy. Of course, making an easy meal is just one of the many reasons why crock-pot dishes are so wonderful. Cooking this way means you have far less chance of burning or scorching your meal because it evenly cooks everything in the pot, plus, a crock-pot uses far less energy than any other electric appliance. Another perk is a crock-pot frees up your stove top if you choose to cook something else such as a side dish or even a pot of tea. In the book, Healthy Crockpot Recipes (31 Simple & Tasty Crockpot Recipes), you will get a collection of truly easy, hassle –free recipes that will give you delicious homemade crockpot delicacies every time. With 31 recipes that use easy-to-find ingredients and require minimal work, this crockpot recipes cookbook will set you up for success. In the book, you will get:- • Healthy breakfast, lunch , dinner plus even desserts recipes & dozens of other delicious meals you can make with a crock pot – perhaps some you may never have considered until now • A 31 day meal plan for crock pot that you can easily adapt and use in your busy life All of the simple-to-follow recipes in this book, Healthy Crockpot Recipes (31 Simple & Tasty Crock pot Recipes), are mouth-watering ways to feed your family a healthy, hearty meal without the fuss. Just put the ingredients in the crock pot and go about your day. When you come home you'll have a wonderful meal waiting for you. Or, set the crock-pot before you go to bed and wake up to the aroma of a healthy breakfast waiting for you. Enjoy!

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