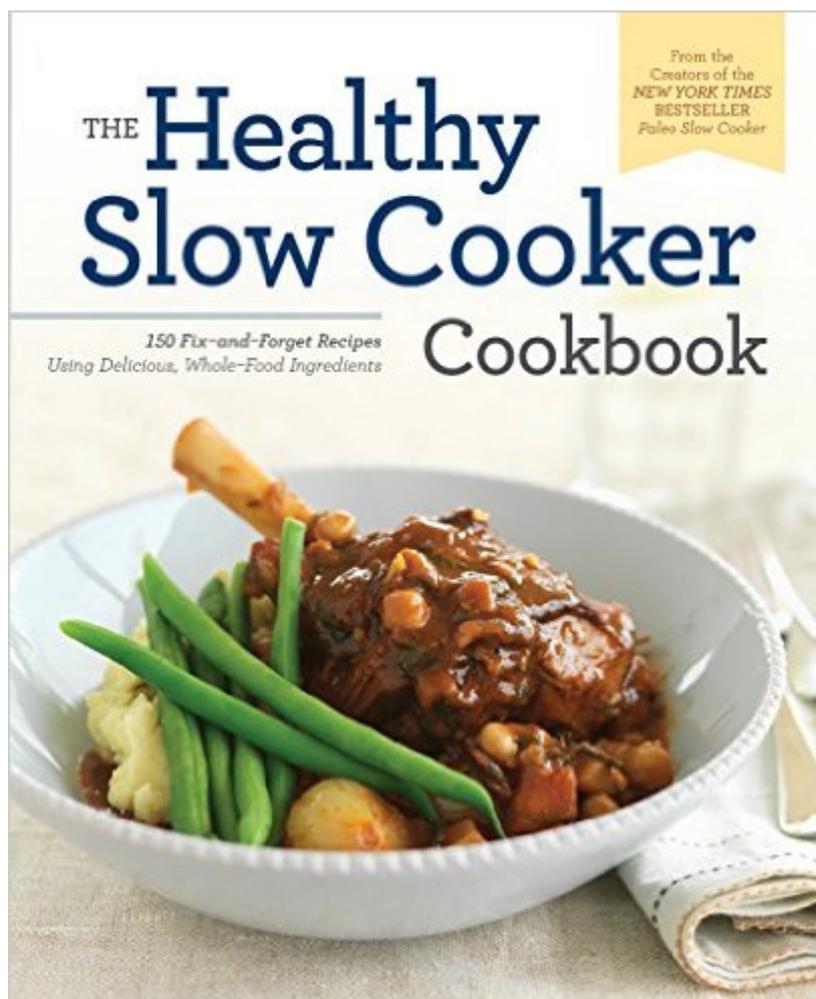


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# Healthy Slow Cooker Cookbook: 150 Fix-And-Forget Recipes Using Delicious, Whole Food Ingredients



## Synopsis

From the creators of the New York Times bestseller Paleo Slow Cooker comes a collection of slow cooker recipes that offer affordable, convenient meals without artificial additives or processed foods. Eat only the most delicious, nourishing ingredients and follow simple, fix-and-forget meal preparations with The Healthy Slow Cooker Cookbook. 150 healthy twists on slow cooker classics like Cheese Fondue, Texas-Style Pulled Pork, and Sage and Pumpkin Mac 'n' Cheese "Fix-and-forget" recipes that require less than 15 minutes of prep time and no interruptions in the cooking process Helpful tips and tricks for cooking with fresh, whole food ingredients, including delicate herbs and seafood Nutritional information to help you keep track of calories, fat, protein, carbs, sugar, and sodium Recipe tips that highlight ingredients that pack a nutritional punch, like coconut oil, kale, and more

## Book Information

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## Customer Reviews

The book's description is "150 Fix-and-Forget Recipes," so I thought I'd be getting a lot of good main entree recipes. Wrong! Most of the recipes in this book are sides and worthless filler recipes like "Chunky Fig Spread" or "Blueberry Pie Filling" or "Cinnamon Apple Pie Filling" and even SALSA. What? Why would anyone need a slow cooker salsa recipe? There are only 11 chicken recipes in this book. ELEVEN. And most of them can be found for free online. This book is being returned. Thanks, for having such great customer service.

I'm a busy single mom working a full time job out of the home. When I get home at night the last thing I want to do is cook. So I turn to my slow cooker A LOT. But one of my complaints is all the processed and canned foods recipes call for. I don't want to cook with high sodium foods. I want to cook with fresh, healthy ingredients. The Healthy Slow Cooker Cookbook does just that. There are 150 recipes that are all made with fresh, healthy ingredients. You will not find them calling for canned vegetables or soup as an ingredient. A nice feature of the cookbook is they give you a list segmented by season of what fruits and vegetables are in season. That way you can tailor your meals to eating seasonally so you get the freshest, full of flavor foods. There are 11 chapters in the book. The first chapter goes over the health benefits of eating fresh and in season fruits and vegetable. The rest of the chapters are broken up into different categories for recipes. There are chapters for breakfast, soups, appetizers, pasta, vegan, fish and seafood, pork and poultry, beef and lamb, sweets, and spreads. You can pretty much make anything in the crockpot. All the recipes are fairly simple to follow. There are no recipes that require you to stir or add ingredients throughout the process. These are all recipes that you can just add to the crockpot and not revisit until it's time to eat. I received the Healthy Slow Cooker Cookbook complimentary for review purposes. All thoughts and opinions expressed are 100% my own and are not influenced by another party.

I was really really excited to receive this for Christmas. I love cooking and I love my slow cooker so it seemed perfect. I had high hopes for this cookbook with such great reviews and so far all three recipes I have tried are bland and not good. Cream of Broccoli Soup, Better Buffalo Wings, and Asparagus Risotto... Thumbs down all around. I will update this review if we find ANYTHING we like but honestly, it is getting hard to stay motivated to try more. Healthy food can also be flavorful and delicious but so far, I have made nothing flavorful and delicious from this book.

I bought this book based on all the reviews here, I was disappointed. All the recipes have ALOT of calories. I guess if you were wanting to gain weight the "healthy" way than this is a very good book. Also no pictures.. and that's no fun :(

Do not buy this cookbook if you are watching: calories, fat, sodium intake or sugar. I regret buying this book. I'll be giving it to someone who does not watch what they eat (or can eat what they want).

I am especially happy by this cookbook because it incorporates titles to let you know what foods are vegetarian, vegan, gluten free, and paleo-friendly based. I happen to have a friend that is a

vegetarian and I never know what to cook for her. All of the recipes in the cookbook can be prepared within five to fifteen minutes. The recipes in here seem very enticing and I've always loved slow cookers for the simple fact that you can keep them on for hours and not have to worry about so much of a mess. You get healthy meals and this cookbook talks about everything from breakfast to dessert.

As with most cookbooks, some recipes are good and some are just so-so. Although there aren't many pictures, the recipes are easy to follow and there is nutritional information (a must!). There is good/helpful commentary on every recipe. Bottom line, I was pleasantly surprised with this cookbook.

I was so disappointed in this book. Fix and forget is a terrible misnomer. More like slave and stand over the crockpot. For one thing, the recipes required SUBSTANTIAL amounts of preparation before the actual slow cooking began. For example, scoring, chopping and finely dicing multiple ingredients -- even precooking things on the stove before putting them into the crockpot. At that point, I would just use my oven. For another, many of the recipes were for 1 - 2 hour cooking times. How can you forget that and go to work or even out shopping? In addition, the author and I disagree about what is healthy. Putting non-dairy creamer or coconut oil into recipes just doesn't sit well with me. Finally, I bought this book in part for the many bean recipes that were listed in the table of contents on . This author uses only canned beans, citing something to the effect that beans require high heat to remove toxins. Others online have wonderful dried bean recipes, which are great because they save money. One slow cooker manufacturer even recommends NOT using canned beans because they get too mushy. I looked at some of these recipes -- cooking canned beans in liquid for another 8 hours, even on low, would seem likely to leave them like little glueballs. I think the author was trying to do a niche market "gourmet healthy foods" cookbook and just make it for crockpots. It kind of defeats the purpose of having a crockpot in the first place. I wish I could get my money back.

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