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The Healthy Slow Cooker Revolution PDF



: The Healthy Slow Cooker Revolution

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PDF-7aea2 | Healthy meals made the slow cooker way America's Test Kitchen had a simple goal: Create quick and easy foolproof slow cooker recipes that taste as good as meals prepared on the stovetop or in the oven. They had one more stipulation: They wanted their selections to be healthy, not the fat-heavy main courses featured in many slow cooker cookbooks. It took nearly a year of testing, 1,500 recipes, and... *The Healthy Slow Cooker Revolution*

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