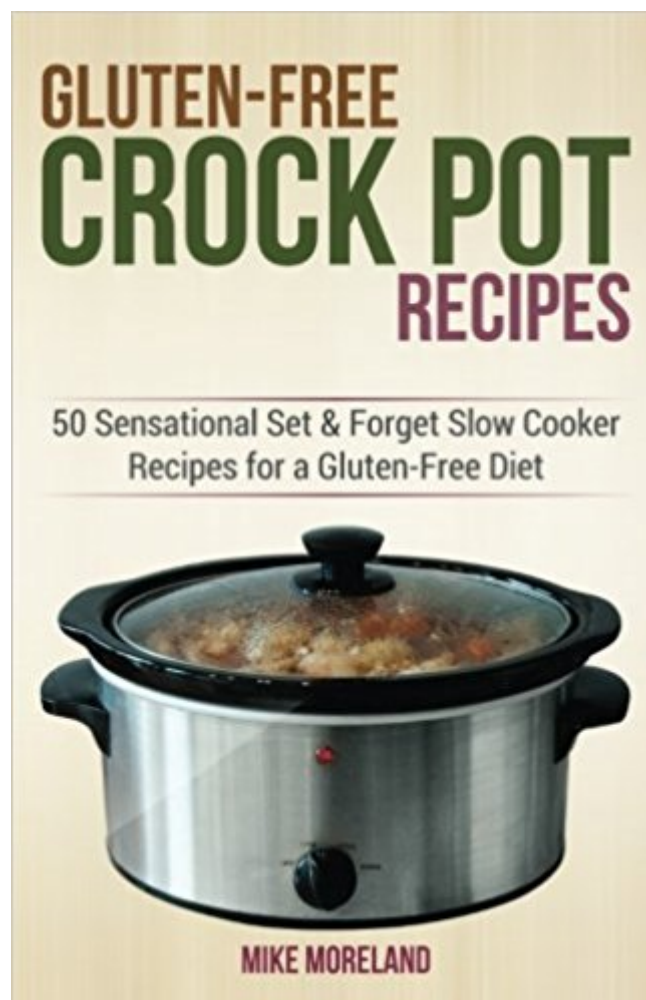




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Gluten-Free Crock Pot Recipes: 50 Sensational Set & Forget Slow Cooker Recipes For A Gluten-Free Diet (Gluten-Free Made Easy) (Volume 2)





Synopsis

Gluten-Free Crock Pot Recipes That Everyone Will Love: Healthy, Delicious, and Easy!

Wouldn't it be great if we all had as much time as we wanted to cook gluten-free meals for our families? The answer to that question is yes, but unfortunately most of us don't have a lot of free time to prepare awesome meals. That myth is about to be broken with all the great gluten-free crock pot recipes you are going to find in this book. A crock pot, or slow cooker, saves you a lot of time in preparing your meals. It is literally just set and forget. Simply put all the ingredients in the crock pot, let it cook for a few hours, and you have a healthy and delicious meal! Another benefit of a crock pot is that there's also much less to clean up after a meal because everything is cooked in one dish. And if you use a liner for the slow cooker, clean-up will be even faster and easier. 50 Sensational Slow Cooker Recipes for a Gluten-Free Diet A gluten-free diet is hard enough as it is with all the things you can't eat. But with a crock pot, preparing gluten-free meals will become a whole lot easier and more convenient! For this book, we picked some of the top gluten-free slow cooker recipes to get you started. Some of the great recipes that you will find in this book include: Amazing Breakfasts Enticing Entrees Family Friendly Lunches Delicious Dinners Use the "look inside" feature to get a preview of all the gluten-free crock pot recipes in this book. Ready to Start Slow Cooking? It's a guarantee that you'll find something for each and every picky eater in your family and that you'll be getting requests for certain recipes. This book is ideal for the busy working single parents, stay at home moms, the two job household, and even the kids can learn some of these easy recipes to help out. Cooking is a form of art, but it doesn't mean you have to make a disaster of your kitchen in the process of making a tasty, hearty meal. So get ready to knock your taste buds out with these simple, satisfying, and delicious gluten-free crock pot recipes that have been picked just for you. Scroll to the top of the page, select the 'Add to Cart' button and start slow cooking today!

Book Information

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Customer Reviews

Mike Moreland is an author and life coach. His drive is to help people improve their lives and attain better health, wellness and balance. His specific interests include Emotional Freedom Technique (EFT), self-help, fitness and nutrition.

The author says the high setting on most crock pots "equals about 300 degrees Fahrenheit." That's 300 degrees for a slow cooker? A pressure cooker at 15 pounds pressure only reaches 250 degrees. Then, the author's Breakfast Lasagna for four includes a pound of sausage, 5 eggs, half a pound of cheese, a pint of green salsa, a cup of mixed chopped veggies, and 9 corn tortillas - all prepared early enough to cook 3 to 4 hours before breakfast. Imagine getting up at 3:00 a.m. to make such a meal, and if you ate one-fourth of it you would have indigestion the rest of the day. I have to wonder if this author has ever actually cooked anything.

This Gluten-Free Recipe Cookbook really is well done. The author first talks about the benefits of crockpot cooking gluten-free, then tips and tricks to make it successful. This recipe guide is written in a conversational tone with valuable information even before you get to the recipe part! Ahhh-How come I can't peek!! Lol The recipes are great! Healthy and creative, and easy to follow. The nutritional info gets bonus points with me cuz I am a bit of nutrition nut. I recommend you grab his guide and add it to your virtual recipe book shelf - nice job!

I love crockpot recipes. Crockpot offers lots of benefits to busy people like me, it does not only offer convenience but also delicious meals slow cooked to perfection. This book offers not just ordinary crockpot recipes but gluten-free recipes, so if you're on a gluten free diet, this book can be very useful, you'll be spoiled with choices from breakfast to lunch to dinner you'll find delicious soups, appetizers, casseroles and stew. I like the Hash brown Casserole with Mushrooms.

Making gluten-free meals by crock pot are all in this book. Different recipes that will satisfy your cravings while staying healthy can be found inside this book. Slow cooked meals are introduced here as more nutritious and flavorful than those cooked fast and easy.

nothing fancy...just common sense recipes

Great, fast and easy recipes.

This is a gift, but I checked the contents and feel it will be well received.

Nothing new or innovative here.

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