



The 150 Healthiest Slow Cooker Recipes on Earth: The Surprising Unbiased Truth About How to Make Nutritious and Delicious Meals that are Ready When You Are

Jonny Bowden, Jeannette Bessinger

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"Jonny and Jeannette have done a wonderful job at marrying healthy, delicious recipes with invaluable (and surprising) nutrition information for each of these hearty slow-cooker recipes."—Alicia Rewega, editor-in-chief of *Clean Eating* magazine

"These convenient, time-saving dishes are delicious, healthy, and easy from prep to clean up!"—Calvin Hurd, publisher of *Total Health Online*, www.totalhealthmagazine.com

"*The 150 Healthiest Slow Cooker Recipes on Earth* is a foolproof guide to cooking flavorful, super satisfying one-pot dishes perfect for any budget or diet. You'll feel good about eating meals made with the most nutrient-packed ingredients out there—and you'll savor every bite while getting healthier!"—Nicole Brechka, editor of *Better Nutrition*

"Many people think choosing healthy foods means they won't taste very good. Jonny and Jeannette prove otherwise. Even people who are eliminating sugar and other sweeteners from their diets can find dozens of simple, scrumptious, nutritious dishes."—Connie Bennett, CHHC, CPC, ACC, author of *Sugar Shock!* and *Beyond Sugar Shock* (May 2012, Hay House) and founder of The Sugar Freedom Now Course

Discover how to make mouth-watering, super-healthy, and super-convenient slow-cooked meals! Nationally-known nutritionist Jonny Bowden, Ph.D., C.N.S., and chef Jeannette Bessinger, C.H.H.C., take slow cooking to a whole new level with these easy, nutritious, and deliciously satisfying recipes!

The "clean foods team" of Dr. Jonny and Chef Jeannette use wholesome ingredients, such as fresh fruit and vegetables, grass-fed beef, wild-caught fish, and pasture-raised poultry in their recipes. Losing none of the convenience, they skip the high-sodium canned food "products" used in many slow cooker recipes and bring you dishes with both traditional and ethnic flair. Try the Real Deal Beef Stew with Orange and Clove, the Quick Sesame Teriyaki Low-Carb Lettuce Wraps, the Hot and Hearty Red, White, and Blue Crab Dip, or the Gingered Honey Pears with Cinnamon Sticks. Bon appetit!

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