



The Low GI Slow Cooker: Delicious and Easy Dishes Made Healthy with the Glycemic Index

Mariza Snyder, Lauren Clum, Anna V. Zulaica

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HEALTHY, HASSLE-FREE LOW GI MEALS

Cooking dishes that score low on the Glycemic Index has never been easier—or more delicious. Make the recipes in this book by simply mixing the ingredients, tossing them into your slow cooker and coming back later to a ready-made meal. *The Low GI Slow Cooker* includes:

- French Toast Casserole
- Vegetable Frittata
- Cheesy Broccoli Gratin
- Smoky Turkey Chili
- Chicken Sausage and Kale Soup
- Pulled Pork Tacos
- Lamb Stuffed Bell Peppers
- Mushroom and Eggplant Lasagna
- Duck Legs with Shiitake Mushrooms
- Spiced Sockeye Salmon with Greens
- Braised Beef Short Ribs
- Berry Cobbler
- Chocolate Peanut Butter Custard

If you want to get healthy and lose weight, while also lowering your risk of diabetes and heart disease, the recipes in this book are perfect for you. They minimize cholesterol and blood sugar reactions as well as the stress of cooking.

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Ana Steadman:

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Albert Jones:

Spent a free time and energy to be fun activity to do! A lot of people spent their spare time with their family, or their particular friends. Usually they doing activity like watching television, going to beach, or picnic within the park. They actually doing same every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Could be reading a book is usually option to fill your no cost time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to try look for book, may be the e-book untitled The Low GI Slow Cooker: Delicious and Easy Dishes Made Healthy with the Glycemic Index can be good book to read. May be it might be best activity to you.

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