



The Everyday Low-Carb Slow Cooker Cookbook: Over 120 Delicious Low-Carb Recipes That Cook Themselves

By Kitty Broihier, Kimberly Mayone

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We all love to eat good food, but no one seems to have the time to cook it anymore. The resurrection of the slow cooker has changed all that, giving busy food lovers a simple way to prepare delicious meals with very little effort or attention. Now, in *The Everyday Low Carb Slow Cooker Cookbook*, nutritionist and food consultant Kitty Broihier and recipe developer and creative chef Kimberly Mayone offer low carbers a chance to jump on the slow cooker bandwagon with over 120 delectable low carb recipes designed especially for slow cooking. They cover everything from breakfast foods, snacks, and chilis to soups, entrees, and desserts, and even include potluck favorites, easy-prep entrees requiring five ingredients or less, and ethnic cuisine. Complete with information on the convenience and health benefits of using the slow cooker, how to convert favorite low carb recipes for slow cooking, low carb "go-with" recipes that round out slow cooked meals, and tips and serving suggestions featured throughout, *The Everyday Low Carb Slow Cooker Cookbook* is sure to become a staple in every low carb cook's kitchen.

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The Everyday Low-Carb Slow Cooker Cookbook: Over 120 Delicious Low-Carb Recipes That Cook Themselves By Kitty Broihier, Kimberly Mayone Bibliography

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Editorial Review

Review

Curled Up with a Good Book, May 2010

“True to its title, offering recipes that can be effortlessly made day after day and are consistent with a low-carb lifestyle. Although there is no doubt this is a cookbook, the surprising amount of useful information it provides for readers who have limited knowledge about how to use a slow cooker and low-carb eating enhances its appeal. This cookbook provides simple and creative ways to prepare a wide variety of food and should be a welcome addition to the cookbook collection of any novice or even more experienced chef.”

From the Publisher

Includes a special section with low-carb non-slow cooker recipes to help you make great use of your leftovers and features cooking tips, serving suggestions, and tasty recipe substitutions throughout

About the Author

KITTY BROIHIER, M.S., R.D., is the president of NutriComm, a food and nutrition communications consulting corporation that serves food companies and public relations firms, and coauthor of *The Everything Vitamins, Minerals, and Nutritional Supplements Book*. KIMBERLY MAYONE, previously the creative chef for Odwalla/Fresh Samantha Juices, is the owner of Wow Delicious, a recipe development company. A graduate of Cornell University’s Hotel School, Mayone has over fifteen years experience in the food industry and recipe development. The both reside in South Portland, Maine.

Users Review

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Carlos Quirk:

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Fidel Auxier:

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Joel Peterson:

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