



# **Gluten Free: The Ultimate Gluten Free Slow Cooker Cookbook: Healthy, Easy And Delicious Recipes For Every Occasion (Gluten Free and Weight Loss Recipes)**

*Karen Green*

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# **Gluten Free: The Ultimate Gluten Free Slow Cooker Cookbook: Healthy, Easy And Delicious Recipes For Every Occasion (Gluten Free and Weight Loss Recipes)**

*Karen Green*

**Gluten Free: The Ultimate Gluten Free Slow Cooker Cookbook: Healthy, Easy And Delicious Recipes For Every Occasion (Gluten Free and Weight Loss Recipes) Karen Green**

**AWESOME FREE GIFT INSIDE: A COOKBOOK WITH OVER 30 HEALTHY AND DELICIOUS RECIPES FOR WEIGHT LOSS!!!**

**Discover the best gluten free slow cooker cookbook with recipes that are not only quick and easy to make, but they are healthy, delicious and your whole family will love!**

When you're longing a little comfort in your busy life while trying to eat well, there's nothing better than a home-cooked gluten free slow cooking dish. Foods in the slow cooker stay nutritious and maintain the tenderness and juiciness that's hard to replicate.

I also know how important it's to eat food that is right for us. Having a good and healthy gluten free diet is critical for preventing gut inflammation and I have done my very best to create the most delicious recipes that won't harm our bodies.

In this book, you will find recipes that are healthy, tasty and perfect for the whole family. It just gets no better than these delicious set it and forget it meals. I am sure that these easy to make recipes will satisfy your family cravings for a delicious gluten free meals!

Here are just a few of the delicious gluten free slow-cooked meals for you:

- **Breakfast** Egg, Ham, Spinach Casserole, Healthy Apple Crisp, Scrambled Tofu Breakfast Burrito.
- **Main Dishes** Spicy Sesame Honey Chicken, Beef Stroganoff, Pot Roast With Shallot And Baby Carrots.
- **Soup, Stews and Stock** Beef and Vegetable Soup, Creamy Tomato Soup, Homemade Chicken Stock **Plus a BONUS chapter: Slow Cooked Fruit recipes!!!**

Each recipe has a calorie count and you will also get an understanding of what to eat and what not to eat in a gluten free diet.

**So what are you waiting for? Pull out your crock pot and let's get slow-cooking!**

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**Jonathan Smith:**

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