



All About Healthy Slow Cooking: A Very Quick Guide

Linda Larsen

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Healthy and delicious cooking that's as easy as pushing a button.

All About Healthy Slow Cooking, by Linda Larsen (author of *Eating Clean for Dummies*), provides practical guidance for making the most of your slow cooker. With these slow cooking techniques, a healthy, hearty meal is as simple as tossing nutritious ingredients into your slow cooker and going about your day. Start healthy slow cooking today, with:

- Essential tips and techniques for slow cooking
- Top ingredients for healthy slow cooking, some of which will surprise you!
- 21 healthy & delicious slow cooker recipes
- Tips on buying a slow cooker

Little Books on Big Ideas offers expert advice designed to help you learn key lessons in minutes, not days.

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