



Healthy Slow Cooker Options

Kristin Davis

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Slow cookers are all the rage, and why not? Slow cookers are extremely forgiving; a terrific way to prepare a hot meal that will be ready when you come home; and dinner is a breeze to clean up. The aroma of a delicious dinner that is ready to be served is a great welcome home! Traditional slow cooker recipes can be packed with sodium, sugar, preservatives, and fat. The recipes in this book are healthy, hearty, and delicious (and teenager approved!). As a single mom I strive to serve my children healthy and delicious meals. The recipes in this book are our own, they've been tested and perfected, and I'm thrilled to share them with you. Happy slow cooking!

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