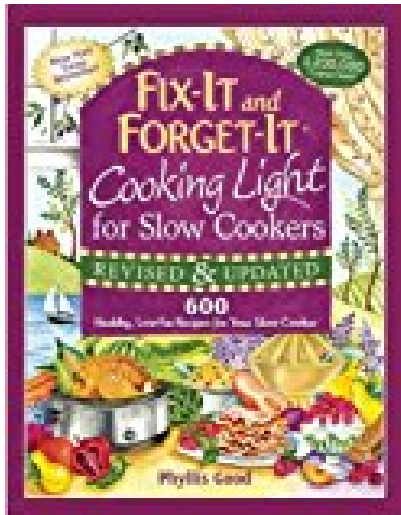


# Fix-It and Forget-It Cooking Light for Slow Cookers 600 Healthy Low-Fat Recipes for Your Slow Cooker

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## BOOK DETAILS

- Author : Phyllis Good
- Pages : 288 Pages
- Publisher : Good Books
- Language : English
- ISBN : 1680990756

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## BOOK SYNOPSIS

Millions of home cooks have fallen in love with the Fix-It and Forget-It cookbooks since the first title was released more than a dozen years ago. Now, these same beloved cookbooks are available in a larger format, making the recipes easier than ever to follow! This favorite guide to quick and easy-to-prepare slow-cooker food has sold more than 1 million copies. It is possible to have it all: food from your slow cooker that is scrumptious and low-fat, and convenient to make. Here are 600 recipes that are mouth-watering but guilt-free. Now you can choose healthy, light dishes, fix them quickly, and then forget about them until mealtime. With each recipe in *Fix-It and Forget-It Lightly: Revised and Updated*, comes an analysis of its calories, fats, and carbs, as well as what it contributes to your daily vitamins and nutrients. You can feast healthfully—with a minimum of time and fuss. Your family and friends—your waistline and your heart—will thank you.

### **FIX-IT AND FORGET-IT COOKING LIGHT FOR SLOW COOKERS 600**

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