



## 200 Light Slow Cooker Recipes (Hamlyn All Color)

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## **200 Light Slow Cooker Recipes (Hamlyn All Color)** Hamlyn

In this book you'll find low-calorie recipes to suit all occasions. Warming soups, stews and casseroles that can cook slowly all day and be ready when you come in from work are perfect for dieters as they are a secret weapon against evening binging on fast food when you're too tired to cook. You'll be surprised at the selection of fresh-tasting lighter meals that really lend themselves to slow cooking. Let your slow cooker make your dieting effortless!

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