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The Low GI Slow Cooker: Delicious and Easy Dishes Made Healthy with the Glycemic Index

By Mariza Snyder, Lauren Clum, Anna V. Zulaica

Ulysses Press. Paperback. Book Condition: new. BRAND NEW, The Low GI Slow Cooker: Delicious and Easy Dishes Made Healthy with the Glycemic Index, Mariza Snyder, Lauren Clum, Anna V. Zulaica, HEALTHY, HASSLE-FREE LOW GI MEALS Cooking dishes that score low on the Glycemic Index has never been easier--or more delicious. Make the recipes in this book by simply mixing the ingredients, tossing them into your slow cooker and coming back later to a ready-made meal. The Low GI Slow Cooker includes: * French Toast Casserole * Vegetable Frittata * Cheesy Broccoli Gratin * Smoky Turkey Chili * Chicken Sausage and Kale Soup * Pulled Pork Tacos * Lamb Stuffed Bell Peppers * Mushroom and Eggplant Lasagna * Duck Legs with Shiitake Mushrooms * Spiced Sockeye Salmon with Greens * Braised Beef Short Ribs * Berry Cobbler * Chocolate Peanut Butter Custard If you want to get healthy and lose weight, while also lowering your risk of diabetes and heart disease, the recipes in this book are perfect for you. They minimize cholesterol and blood sugar reactions as well as the stress of cooking.



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