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LITTLE BOOKS ON **BIG** IDEAS

HEALTHY SLOW COOKING

A VERY QUICK GUIDE

- › **Essential Tips & Techniques** for Slow Cooking
- › **Top Ingredients** for Healthy Slow Cooking
- › **21 Healthy & Delicious** Slow Cooker Recipes

LINDA LARSEN

author of *Eating Clean for Dummies*



All About Healthy Slow Cooking A Very Quick Guide

Sam E. Rivers



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