



# The Art of Healthy Eating: Grain Free Low Carb Reinvented: Slow Cooker

*Maria Emmerich*

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## **The Art of Healthy Eating: Grain Free Low Carb Reinvented: Slow Cooker** Maria Emmerich

This is the latest in my series of grain free low carb cookbooks. As with the other books in this series (Sweets, Kids and Savory) this is a full color cookbook with beautiful photos of every recipes. This is my first hardcover book and also has 198 easy recipes! Many of you know that our family has doubled in size a little over a year ago. With the growth of our family, Craig and I have been busier than ever. Not only do we have 2 more mouths to feed, we also are trying to enjoy being new parents, as well as keeping Maria Mind Body Health running. I now understand why eating the "healthified" way can be a struggle for a busy family! But since grain free and low carb eating is such a priority for us, Craig and I decided to put together this slow cooker book to make it easier to keep your family nourished even during busy times or on those hot summer days when you just don't want to turn the oven on. This book is filled with amazingly tasty, yet easy recipes like, lasagna, chicken Parmesan, fajitas, cashew chicken, cookie dough cupcakes, pumpkin custard, and many more to keep your family satisfied! There are also lots of valuable tips and tricks to help one along their journey as they learning how to eat as an art.

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