

THE MEDITERRANEAN SLOW COOKER COOKBOOK: A MEDITERRANEAN COOKBOOK WITH 101 EASY SLOW COOKER RECIPES by Salinas Press  
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**The Mediterranean Slow Cooker Cookbook: A Mediterranean Cookbook with 101 Easy Slow Cooker Recipes** Celebrate the flavors of Greece, Italy, and Spain with The Mediterranean Slow Cooker Cookbook. With The Mediterranean Slow Cooker Cookbook, youâ€™ll enjoy healthy vegetables, fruits, legumes, fish, and whole grains from the most delicious region on earth. Mediterranean food draws much of its flavor fr Celebrate the flavors of Greece, Italy, and Spain with The Mediterranean Slow Cooker Cookbook. With The Mediterranean Slow Cooker Cookbook, youâ€™ll enjoy healthy vegetables, fruits, legumes, fish, and whole grains from the most delicious region on earth. Mediterranean food draws much of its flavor from heart-healthy fats such as olive oil and nuts. By using a slow cooker, you can maximize the taste of your Mediterranean dishes and save time in the kitchen. With a bit of advanced preparation, you can come home to a healthy, slow-cooked Mediterranean meal, even on a busy weeknight. The Mediterranean Slow Cooker Cookbook will add delicious variety to your plate with: â€¢ 101 robust, healthy recipes, including Turkish Stuffed Eggplant, Garlic Tilapia, and Chocolate Hazelnut Bread Pudding â€¢ Flavor profiles of 5 different regions â€¢ 14 essential tips for using your slow cooker â€¢ 76 key ingredients to keep in your kitchen â€¢ A handy guide to cook time conversions With its simple recipes, Mediterranean Slow Cooker Cookbook can bring savory, romantic flavors to your plateâ€™and extra time to your day. ...more The Mediterranean Slow Cooker Cookbook: A Mediterranean Cookbook with 101 Easy Slow Cooker Recipes PDF ebook

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