



# **The Easy Everyday Mediterranean Slow Cooker Cookbook: 40 Delicious Mediterranean Slow Cooker Recipes For Health and Relaxation**

*Nora Redmond, Little Pearl*

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**Your Slow Cooked Meals Are About To Get A Whole Lot Tastier (And Healthier Too!)**

From the author of *The Easy Everyday Mediterranean Diet Cookbook* comes a brand new cookbook guaranteed to transform everyday okay meals into healthy, easy, and tasty Mediterranean feasts. Nora Redmond's clear instructions and talented insight into the **Mediterranean Diet** makes her second book, *The Easy Everyday Mediterranean Slow Cooker Cookbook*, a must-have for any kitchen collection.

Thousands of people are transforming their lives with the Mediterranean Diet and Redmond's delicious and healthy meals. More than just tasting great, the Mediterranean Diet has been proven to help reduce the risk of heart attack and stroke, while being one of the few realistic diets popular today.

Enjoy **40 incredible slow cooked meals** that take you and your family through the cultures and tastes of Europe's Italy, France, Spain, Morocco, Greece and Turkey. And if you are in the mood to feel even more European, enjoy a glass of the professionally paired wine that is listed with each recipe.

Here are just some of the recipes you will love making for your family with this book:

- **Slow Cooked Lasagna with Swiss Chard**
- **Coastline Crab Soup**
- **Sage Chicken with Holiday Stuffing**
- **Friday Night Spaghetti with Chicken**
- **Uprooted Vegetable Stew**
- **Quinoa Stew with Sausage**

So if you are ready to discover how eating with the Mediterranean Diet can change your body, mind, and life all while using the convenience and ease of the slow cooker, it is time for you to...

**Buy This Book Today! Happy Slow Cooking!**

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**From reader reviews:**

**Morgan Woods:**

This The Easy Everyday Mediterranean Slow Cooker Cookbook: 40 Delicious Mediterranean Slow Cooker Recipes For Health and Relaxation book is just not ordinary book, you have after that it the world is in your hands. The benefit you receive by reading this book is actually information inside this book incredible fresh, you will get information which is getting deeper you actually read a lot of information you will get. This specific The Easy Everyday Mediterranean Slow Cooker Cookbook: 40 Delicious Mediterranean Slow Cooker Recipes For Health and Relaxation without we recognize teach the one who examining it become critical in contemplating and analyzing. Don't possibly be worry The Easy Everyday Mediterranean Slow Cooker Cookbook: 40 Delicious Mediterranean Slow Cooker Recipes For Health and Relaxation can bring when you are and not make your carrier space or bookshelves' turn into full because you can have it in the lovely laptop even mobile phone. This The Easy Everyday Mediterranean Slow Cooker Cookbook: 40 Delicious Mediterranean Slow Cooker Recipes For Health and Relaxation having good arrangement in word as well as layout, so you will not feel uninterested in reading.

**Randy Anderson:**

Reading a reserve tends to be new life style in this era globalization. With examining you can get a lot of information which will give you benefit in your life. Using book everyone in this world could share their idea. Publications can also inspire a lot of people. A lot of author can inspire their particular reader with their story or perhaps their experience. Not only the storyplot that share in the books. But also they write about the data about something that you need example. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that exist now. The authors on earth always try to improve their talent in writing, they also doing some investigation before they write to the book. One of them is this The Easy Everyday Mediterranean Slow Cooker Cookbook: 40 Delicious Mediterranean Slow Cooker Recipes For Health and Relaxation.

**Sean Bass:**

Playing with family in a very park, coming to see the coastal world or hanging out with close friends is thing that usually you may have done when you have spare time, and then why you don't try thing that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love The Easy Everyday Mediterranean Slow Cooker Cookbook: 40 Delicious Mediterranean Slow Cooker Recipes For Health and Relaxation, you could enjoy both. It is fine combination right, you still need to miss it? What kind of hangout type is it? Oh occur its mind hangout people. What? Still don't understand it, oh come on its identified as reading friends.

**Louis Hartford:**

In this time globalization it is important to someone to get information. The information will make a professional understand the condition of the world. The fitness of the world makes the information simpler to share. You can find a lot of referrals to get information example: internet, newspaper, book, and soon. You can observe that now, a lot of publisher that will print many kinds of book. Typically the book that recommended for your requirements is *The Easy Everyday Mediterranean Slow Cooker Cookbook: 40 Delicious Mediterranean Slow Cooker Recipes For Health and Relaxation* this e-book consist a lot of the information of the condition of this world now. This book was represented so why is the world has grown up. The terminology styles that writer require to explain it is easy to understand. The actual writer made some study when he makes this book. Honestly, that is why this book acceptable all of you.

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