



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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Rudy Nixon:

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