

Our Favorite Detox & Weight Loss Slow Cooker Recipes: Look Great, Get Healthy, Lose Weight (The Reluctant Vegetarians) (Volume 3)



We love slow cooker meals because they are easy, convenient and tasty. Even better are slow cooker meals that help you lose weight and get healthy. You'll find that when you eat a vegetarian or vegan diet, you'll be eating a lot more nutrient-dense food while keeping your calories very low. That's not to say that ALL vegan and vegetarian food is low calorie. You'll still need to watch your intake of fats and higher calorie foods, but you'll also find that you retain the full feeling longer because your body is getting more of the nutrients it needs. Some of the recipes are good for detox and they are noted as such. All of the recipes are vegetarian or vegan and most of them will help you to lose weight as well. Some of the dessert recipes are a little higher in calories so use them sparingly. You'll want to add this healthy recipes cookbook to your collection now. Here's the list of the delicious, nutritious recipes you'll find in this book: Breakfast Recipes Apple Cinnamon Oatmeal * Bread Pudding for Breakfast * Cinnamon Quinoa * Fruit & Nut Breakfast Oatmeal * Multi-Grain Hot Cereal * Overnight Cranberry Oatmeal * Pear and Chai Breakfast Cake ** Spicy Breakfast Risotto * Lunch/Dinner Recipes Autumn Harvest Stew * Baby Spinach and White Beans * Basic Vegetarian/Vegan Baked Beans Black Bean Stew * Broccoli and Cauliflower Detox Soup * Butternut Squash and Parsnip Soup * Cabbage and Apple Soup * Cabbage and Apple Side Dish * Canadian Maple Baked Beans * Chickpea Curry with Spinach and Kale * Chunky Root Vegetable Stew * Coconut Curry Stew * Curried Beans & Veggies * Easy Pinto Beans * Hearty Barley and Lentil Stew * Italian Bean Casserole * Italian Style Beans with Sun Dried Tomatoes and Black Olives * Lentil Chili * Mexican Chickpeas * Mushroom and Spinach Quiche ** Red Cabbage and Carrot Detox Soup * Sicilian Style Fava

Beans * Spaghetti Sauce * Split Pea and Cabbage Stew * Split Pea Soup * Tomato and Kale Detox Soup * Vegetable and Lentil Stew * Dessert Recipes Chocolate Peanut Butter Cake ** Cranberry Peach Cobbler ** Fruity Cobbler * Pumpkin Nut Bread ** Rice Pudding ** Bonus Recipe - Homemade Pumpkin Pie Spice * = Vegan ** = Vegetarian

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