



Healthy Crockery Cookery

Mable Hoffman

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Healthy Crockery Cookery Mable Hoffman

Winner of four Tastemaker Awards

America's favorite food consultant who brought variety, taste, and style to the classic crockpot. Don't miss out on one of the most popular cookbooks of all time!

Now Mable Hoffman presents an all-new crockpot cookbook that builds on the success of her previous bestseller—and provides the perfect solution for our fast-paced, health-conscious times.

Here are 150 all-new recipes that utilize the slow-cooking method of the classic crockpot to create low-fat, low-calorie, high-flavor meals the whole family will love. It's the ideal solution for the modern cook who's concerned about maintaining a healthy diet while managing a busy schedule. From appetizers to entrees to luscious desserts, these scrumptious new recipes are:

Easy: Dishes that can be made days in advance or hours ahead of time using easy-to-find ingredients.

Delicious: "Simmered in" flavor in every delectable bite.

Healthy: Chock full of nutritious ingredients to ensure a balanced meal for you and your family.

And every recipe includes a comprehensive nutritional analysis!

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