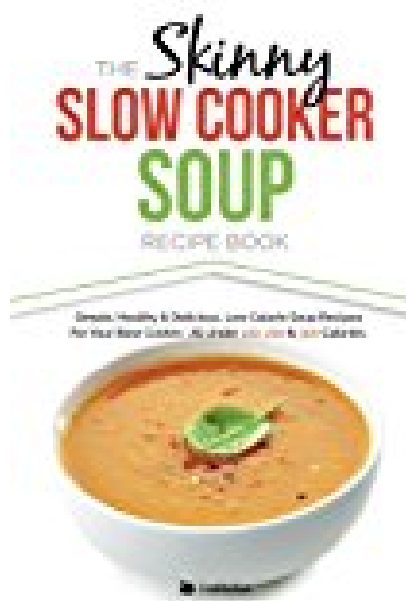


The Skinny Slow Cooker Soup Recipe Book Simple Healthy & Delicious Low Calorie Soup Recipes For Your Slow Cooker. All Under 100 200 & 300 Calories.



BOOK DETAILS

- Author : CookNation
- Pages : 102 Pages
- Publisher : Bell & Mackenzie Publishing Limited
- Language : English
- ISBN : 1909855308

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BOOK SYNOPSIS

The Skinny Slow Cooker Soup Recipe Book Simple, Healthy & Delicious Low Calorie Soup Recipes For Your Slow Cooker. All Under 100, 200 & 300 Calories. Slow cookers are one of the most versatile appliances in the kitchen. They allow us to cook almost anything but perhaps one of the most rewarding, healthy and simplest of dishes that the slow cooker can create is soup. The Skinny Slow Cooker Soup Recipe Book is packed with 70 simple, tasty, low calorie recipes for your slow cooker. Offering tips and inspiration, the book guides you through a range of delicious soup ideas for your slow cooker. From traditional family favourites to new and interesting ideas which will change the way you think about soup..... and all under 100, 200 or 300 calories. Focusing on healthy fresh ingredients our skinny soups are perfect as part of a balanced diet and can be instrumental in helping you lose weight or maintain your figure without compromising on flavour, taste or leaving you feeling hungry. Making them the perfect partner to any calorie controlled diet. If you are looking for some new ideas for soup making to help you lose weight, control your diet or to serve up a healthy balanced dish for your family then you will find inspiration here. Recipes include: Three Bean Soup Simple Lentil Soup Sweet Potato & Orange Soup Honey & Carrot Soup Easy Cauliflower Cheese Soup Watercress & Blue Cheese Soup Celeriac Soup Creamy Mushroom Soup Classic Chicken Soup Chicken & Leek Soup Chicken & Sweetcorn Soup Chicken, Basil & Pepper Soup Oriental Chicken & Rice Soup Vegetable & Chicken Broth Creamy Chicken & Sweetcorn Soup Spicy Beef Soup Pea & Ham Soup Oriental Pork Soup Barley, Lamb & Vegetable Broth Creamy Crab & Rice Soup Smoked Haddock Soup Hot & Sour King Prawn Soup Porcini Noodle Soup Prawn & Coconut Cream Soup Pork & Beansprout Noodle Soup

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