



## Keto One Pot Wonders Cookbook: Delicious Slow Cooker, Crockpot, Skillet Roasting Pan Recipes

By Elizabeth Jane

Progressive Publishing. Paperback. Condition: New. 74 pages. Dimensions: 11.0in. x 8.5in. x 0.2in. Are you enjoying the health benefits of following a low carb or keto diet but despising the time and effort it requires in the kitchen? Then this book is for you. Enjoy 50 delicious home cooked keto meals for slow cookers, crockpots, skillets and roasting pans. All made with fresh, tasty ingredients but minimal effort: Convenient and easy ketogenic recipes - throw the ingredients into your slow cooker in the morning and come home to a nutritious dinner. Less washing up - just one pot required. Lots of variety - find dishes that you will love to cook again and again. Full color photos for the mouth-watering recipes. Full nutritional values included for each recipe. All gluten free dairy recipes are clearly highlighted - making dietary restrictions easy to manage. Possibly the most beautiful looking keto cookbook. Slow Cooker Recipes Include: Jamaican Style Conch Soup, Cinnamon Butternut Beef Stew, Fire Roasted Vegetable Stew, Hickory Baby Back Ribs, Hamburger Stew, Southwest Tacos With Coconut Tortillas. Skillet Recipes Include: Summer Chicken Stir Fry, Cast Iron Braised Ribs. Roasting Pan Recipes Include: Marinara Baked Spaghetti Squash, Oven Baked Zucchini Noodles With Feta. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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