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Phyllis Good is a New York Times bestselling author whose books have sold more than twelve million copies. She is the author of the Fix-It and Forget-It cookbook series, as well as Fix-It and Enjoy-It Healthy Cookbook (with nutritional expertise from the Mayo Clinic), "Fresh From Central Market" Cookbook, and The Best of Amish Cooking. Source: adapted from Fix-It and Forget-It New Cookbook: 250 New Delicious Slow Cooker Recipes (affiliate link) by Phyllis Good *PointsPlus® and SmartPoints® calculated by Simple Nourished Living; Not endorsed by Weight Watchers International, Inc. Source: Slightly adapted from Fix-It and Forget-It New Cookbook: 250 New Delicious Slow Cooker Recipes (affiliate link) by Phyllis Good. *PointsPlus® and SmartPoints® calculated by Simple Nourished Living; Not endorsed by Weight Watchers International, Inc. Instructions. Divide everything into two separate one gallon freezer bags, shake it up, seal, label and put in the freezer; On the day of cooking, dump it into your slow cooker and cook on high for 4 to 6 hours, or low 6-8 hours, depending on your specific slow cooker, Fix Forget Vegetarian Cookbook Slow Cooker Ebook.

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