



Gluten-free Vegan Slow Cooker: Quick and easy recipes for busy people

Sophie Miller

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Gluten-free Vegan Slow Cooker Recipes for Busy People Sharing a meal with your family on a regular basis is extremely important, but you simply may not have the time to prepare something each and every day. Add to that the challenge of finding and preparing gluten-free recipes, and you may quickly become overwhelmed. If this describes you, the solution may be simpler than you think - slow-cooking! Slowcooking is a food preparation method that often gets overlooked but it can make a significant difference in your life. Not only can you use a slow cooker to prepare delicious and healthy gluten-free meals, but you can do it in a fraction of the time it takes to employ traditional cooking methods! In this book you will learn the basics about slow cooking including what benefits this cooking method holds for you and for your family. You will also receive tips for choosing a slow cooker as well as a collection of 25 gluten-free vegan slow cooker recipes to get you started! Recipes include: Breakfasts and Bread Soups and Stews Chili Dips and **Snacks Sweet Treats**



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