



# The Healthy Slow Cooker: 135 Gluten-Free Recipes for Health and Wellness

*Judith Finlayson*

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Definitions of healthy eating have changed quite dramatically since *The Healthy Slow Cooker* was first published in 2006. In those days it was one size fits all; i.e. low-fat, no saturated fat, low calorie and moving toward nutrient-dense foods.

Now there is a shift in nutritional guidelines and there is significantly more scientific information to add. Many experts report that many modern diseases are directly associated with the consumption of wheat and advocate for a reduction in carbohydrates for beneficial health results. Another significant development is the evidence against saturated fat is gradually diminishing. And at the same time, established dietary guidelines are under increasing scrutiny.

Judith Finlayson takes all this conflicting information and balances it with a common sense approach that can be customized according to individual needs. All the recipes are deliciously nutrient-dense and have a balanced approach that will meet a wide variety of needs in an unbeatable combination of appetizing, healthy meals prepared in a slow cooker.

With such a wide range of recipes, from hearty soups to elegant desserts, preparing nutritious and delicious meals strikes the perfect balance between achieving healthy eating habits and assuring great tastes. More recipes feature fresh herbs and spices as well as advocate the benefits of eating sustainably caught fish and pasture-raised meat. Nutritional analysis is provided with each recipe.

This book paints the nutritional big picture with a wide variety of nutrient-dense foods that have been easily and conveniently prepared in a slow cooker.

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