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## I QUIT SUGAR SLOW COOKER COOKBOOK: 85 EASY, NUTRITIOUS SLOW-COOKER RECIPES FOR BUSY FOLK AND FAMILIES (PAPERBACK)



Pan MacMillan, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Sarah Wilson taught the world how to quit sugar in 8 weeks and then went on to teach everyone how to cook delicious essentials, simply. Sarah incorporates her mindful, sustainable and economical practices - designed to feed the family, individuals and people on the go - to bring back the slow n low approach of slow cooking, which creates densely nutritious meals with no or very...

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- Authored by Sarah Wilson
- Released at 2017



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