

I Quit Sugar Slow Cooker Cookbook 85 Easy Nutritious Slow Cooker Recipes For Busy Folk And Families

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[Slow Cooker Cookbook – I quit Sugar](#)

In *I Quit Sugar: Slow Cooker Cookbook*, Sarah shares how to: Minimise waste, save money, use leftovers and buy sustainable cuts of meat Start the day with hearty breakfasts, create simple staples and clever sides Find meals that suit your dietary needs with easy to use icons Slow cook soups and ...

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The latest offering from *I Quit Sugar* includes 85+ sugar-free, electric slow-cooker recipes. The *Slow-Cooker Cookbook* caters to all ages, lifestyles and budgets, with chapters including Cakes 'n' Puds, Soups, Stews and Curries, Pot Roasts, Hearty Breakfasts and many more.

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You guys all know we are huge fans of Sarah Wilson and we're super excited to bring you our review of the *I Quit Sugar Slow Cooker Cookbook*. The book includes 85 sugar free slow cooker recipes including one pot meals, hearty breakfasts, stews, curries and sweet treats! With easy to follow recipes and a stack of pre-content like 'How To Buy Your Meat', 'Why Offal Is Good For You', 'How To Use Leftovers', 'Pantry Essentials' and much more, this book is the perfect addition to ...

[I Quit Sugar Slow Cooker Cookbook Review](#)

3.93 (80 ratings by Goodreads) Paperback. English. By (author) Sarah Wilson. Share. 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 low sugar.

[I Quit Sugar Slow Cooker Cookbook - Sarah Wilson ...](#)

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Whack in the slow cooker and add the rest of the ingredients. Cook on low for 8 hours or high for 5 hours. Take out the pork and place in a dish and use a fork to "pull the meat" apart into shreds. Put the shreds back in the slow cooker for another 20 minutes, with the sauce (uncovered on high) and heat through.

[Sarah Wilson | Sugar-free barbeque pulled pork - Sarah Wilson](#)

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Directions. 1. Place the chicken, minced lemongrass, garlic, ginger, fish sauce and half the curry powder or paste in a bowl (it's best to use the ceramic insert from your electric slow cooker) and toss to combine. Cover and refrigerate for at least 1 hour to marinate.