

## Paleo Slow Cooker: Quick & Easy Gluten-Free Recipes for Busy Families

Jennifer James

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# Paleo Slow Cooker: Quick & Easy Gluten-Free Recipes for Busy Families

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Paleo Slow Cooker: Quick & Easy Gluten-Free Recipes for Busy Families Jennifer James The slow cooker revolution is back!

Made popular in the 70's, it appears that with new technology and better appliances, that slow cooking is making a comeback.

And why not?

Slow cooking is awesome and what better way to prepare a meal than to chuck a load of ingredients in a crock pot, go about your business for the day, and come back to a delicious home cooked meal bursting with flavour and "mouth-watering" tenderness.

It doesn't get any easier than that.

Slow cooking is also:

- Energy efficient
- Convenient
- A huge money & time saver
- Great for getting your kids to eat nutritious meals

Combine the Paleo lifestyle with slow cooking and what do you have?

A quick, easy & convenient way to prepare "delicious" healthy meals for the whole family.

Welcome to Paleo Slow Cooking.

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