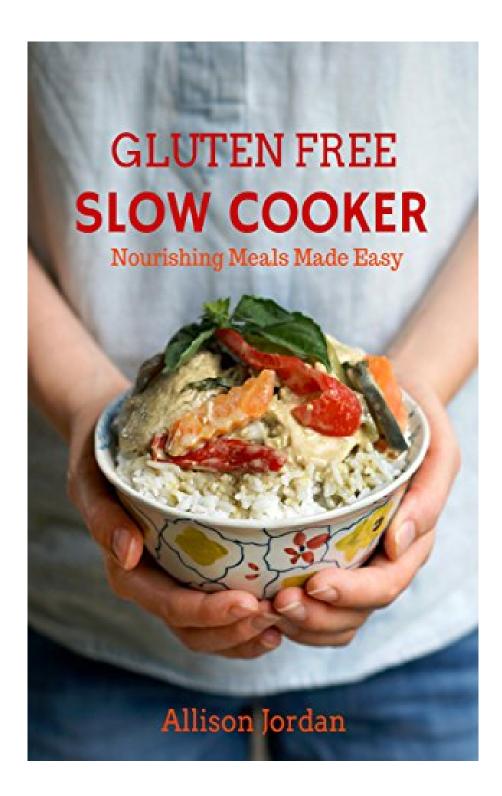


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Having adhered to a gluten-free diet for years, Allison Jordan made it her mission to make meals not only nourishing and delicious, but also easy enough to make during a busy week.

In Gluten Free Slow Cooker: Nourishing Meals Made Easy, Allison brings you over 25 of her favorite, family-approved dishes that you are sure to love. With beautiful photography for every dish, you'll be able to envision the meal that will be awaiting you for dinner after a long day.

Dishes include main course, sides, desserts and breakfasts--all without gluten or grains and many without dairy. These meals can easily be adapted to a Paleo diet or adapted for other dietary restrictions.

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2 of 2 people found the following review helpful.

I LOVE Allie's recipes!

By Alex Messarra

I have been reading Allie's blog The Sprouting Seed (http://thesproutingseed.com) for awhile and LOVE all of the recipes that Allie posts. Several have become staples that I make weekly. As a new mom with a baby on the way I certainly need easy nourishing meals and always feel Crockpot meals make dinner less work, time, and energy. Plus they provide LOTS of leftovers to last us through the week. I really can't wait to put this cookbook to good use and try all of these great looking recipes!

0 of 0 people found the following review helpful.

I also enjoyed Allison's blog and was so excited to learn she ...

By Amanda L Kraft

I also enjoyed Allison's blog and was so excited to learn she was publishing an ebook. As a busy, working mom, a slow cooker saves-the-day for me on many a weeknight. The fact that the recipes are made of wholesome, healthy ingredients is even more appealing. I can't wait to try out some of the recipes over the holidays.

0 of 0 people found the following review helpful.

Slow cookers are a mom's best friend and these healthy

By Sky

I am excited to try the recipes in this book!! Slow cookers are a mom's best friend and these healthy, real food recipes are the side kick a slow cooker needs! Thanks Allison for putting this together in a user-friendly and beautiful way.

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