



# I Quit Sugar Slow Cooker Cookbook: I Quit Sugar

*Sarah Wilson*

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What's inside this eBook:

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. The book is jam packed with cheap meals for under \$3 per serve and personal tips and tricks from Sarah Wilson on how to keep your cooking affordable, sustainable and sugar free.

Bonus Features:

- Celebrity contributions from Matt Preston, Margaret Fulton and Kate Gibbs.
- A Handy Leftovers tracker to help you minimise waste and save money.
- A Shopping List Generator to help you formulate a shopping list with the touch of a button.
- Easy to use icons to help you find meals that suit your dietary needs.
- A converter that changes quantities from metric to imperial.

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