



# **The Skinny Slow Cooker Summer Recipe Book: Fresh & Seasonal Summer Recipes For Your Slow Cooker. All Under 300, 400 And 500 Calories.**

*CookNation*

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# **The Skinny Slow Cooker Summer Recipe Book: Fresh & Seasonal Summer Recipes For Your Slow Cooker. All Under 300, 400 And 500 Calories.**

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## **#1 Amazon Best Selling Author**

### **The Skinny Slow Cooker Summer Recipe Book**

**Fresh & Seasonal Summer Recipes For Your Slow Cooker. All Under 300, 400 And 500 Calories.**

It's time to get creative with your slow cooker this summer. If you think the slow cooker is only good for hearty, soul warming soups and stews in the colder months, then it's time to open your mind and your kitchen to a whole new world of summer possibilities.

Our skinny collection of summer slow cooker recipes are perfect for those wishing to maintain a balanced, healthy diet. Each recipe serves four and all fall below either 300, 400 or 500 calories. If you are following a calorie controlled diet these delicious slow cooker recipes are the perfect companion to keep your weight loss efforts on track whilst still making the best of the summer.

So it's time to put away your preconceptions and open up to a world of seasonal, fresh, light and healthy summer slow cooker recipes.

## **The slow cooker is this summer's 'must-have' kitchen appliance!**

*Recipes include:*

**Spring Pea & Parmesan Soup**

**Summer Celery Soup**

**Spring Vegetable Soup**

**Glazed Beetroot & Rocket Citrus Salad**

**Greek Aubergine Salad Spanish Chorizo Salad**

**Spring Portabella Mushrooms & Chilli Steak Casserole**

**Anchovy & Broccoli Salad Pesto & Tomato Chicken Salad**

**Summer Squash & Chilli Linguine**

**King Prawn & Cherry Tomato Penne**

**Slow Cooked Spring Garlic Pasta Pesto**

**Prawn & Tenderstem Broccoli Spaghetti**

**Chicken, Honey & Olive Pasta**

**Southern Italy's Summer Sauce**

**Spring Pea & Parmesan Risotto**

**Tomato & Fresh Basil Risotto**

**Fresh Mackerel & Summer Season Peppers**

**Fresh Herbed Salmon Caribbean Spiced Scallops**  
**Lime Shrimps With Baby Spinach Leaves & Rice**  
**Pineapple Curry King Prawns**  
**BBQ Shredded Beef**  
**Chicken & Pineapple Kebabs**  
**Sweet & Spicy Chicken Wings**  
**Portabella Mushrooms & Dolcelatte Cheese**  
**Smoky Pinto Beans & Fresh Spring Onions**  
**Cajun Spring Greens**  
**Apricot & Pork Tenderloin Casserole**  
**White Bean & Summer Leek Chicken Stew**  
**Fresh Basil & Parmesan Chicken Stew**

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