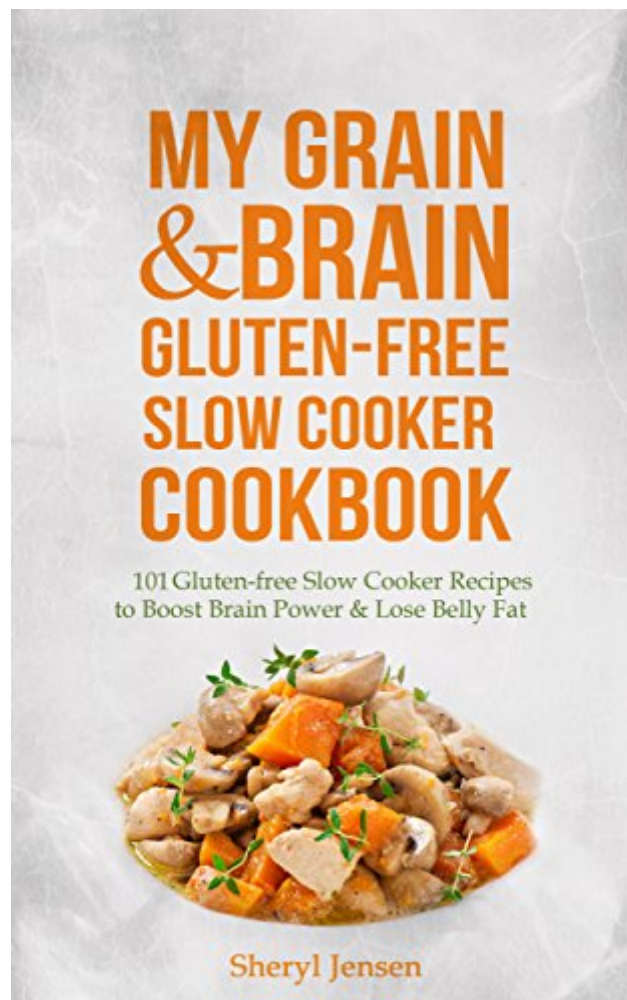


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# My Grain & Brain Gluten-Free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes To Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb And Wheat-Free Slow Cooker Cookbook





## Synopsis

My Grain & Brain Gluten-Free Slow Cooker Cookbook - The Smarter & Easier Way To Eat! Note: This book is authored by Sheryl Jensen, a successful gluten-free convert, health advocate, and is not affiliated with or endorsed by any other companies, organization or authorities. Following a Brain Healthy Gluten Free Diet Just Got Easier! My Grain & Brain Slow Cooker Cookbook is an ideal companion for anyone looking for: Gluten-Free Slow Cooker Recipes • Grain Free Recipes • Gluten Free Recipes • Wheat Free Belly Recipes • Brain Health Recipes • Wheat Free Recipes • Celiac Recipes • Autoimmunity Recipes • Low Sugar Recipes • Low Carb Recipes This cookbook consists of 101 recipes that are specially created for a healthy and tasty experience. The book is also beginner friendly and consists of ingredients that are easy to find with easy-to-follow instructions. Readers are assured that the choice of ingredients used in these recipes are carefully chosen, based on a brain healthy gluten-free diet. Therefore, only the healthiest proteins, fats, fruits and vegetables are used in order to ensure that you are eating for a healthy brain advantage. Now you can start or maintain your brain healthy gluten-free diet without worrying about time constraints.

## Book Information

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## Customer Reviews

I love this little book of gluten-free recipes. The introduction on gluten and gluten-free cooking alone was worth the price of the book- I never really knew what gluten was, only that my body doesn't like it! There are many similar books on the market, but the slow cooker component caught my eye as we travel in an RV and having a slow cooker on board is a convenience. This book has tons of really easy to use recipes for gluten-free cooking.

A perfect deal! Being new to the grain free lifestyle AND to cooking for myself, I was so very happy to be told exactly what tools I needed and how I should shop. This book really made it so much easier for me to transition into a grain free lifestyle.

Easy to use recipes. Many are 8 or less ingredients. Several are going to make my mornings easier because they are recipes that you put in the crockpot before you go to bed and get up to a hot breakfast. If you are eating gluten free, I think these are worth trying. Fast shipping.

An incredible help to those of us that are sometimes too busy to cook food at peak hours and at the same time trying to maintain eating healthy. I used to feed my family take-out when I come home from work - but now I have access to tasty recipes that I can put in the slow cooker before I leave! But the reason that I appreciate this book so much is because one of the kids is in the autism spectrum and we had been advised by therapists to try converting into a gluten-free diet for her, which had been previously difficult to do without sacrificing flavour and budget. Now armed with recipes like Herbed Meatballs, Creamy Chicken Curry and our new family favourite, Layered Cheesy Chicken Casserole, I feel relieved that I can feed them quality meals, no matter how busy I am.

Great book if you're concerned about possible loss of memory, or just want to eat healthy foods for your body and brain.

Great book and a help in starting this eating plan. Plenty of information that would help people make tasty meals.

I gave this an excellent rating since reading the recipes convinced me that we will find them to be delicious. However, I have not even tried any of the recipes yet. Will have to update in a few months.

Do not like this one as well as others ordered.

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