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In I Quit Sugar: Slow Cooker Cookbook, Sarah and the IQS team share how to: Use a slow cooker, use leftovers and buy sustainable cuts of meat; Create simple staples and clever sides; Start the day with hearty breakfasts and weekday dump 'n' runs; Slow cook soups and stews, curries and comfort classics or, for those more adventurous, a little offal

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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

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*Slow cook soups and stews, curries and
comfort classics (or a little offal for the
more adventurous) *Sweeten your day
with slow cooked sugar-free cakes and

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puddings Written with all the care and knowledge you have come to expect from the I Quit Sugar team, this is the book that makes sugar-free cooking easier, less expensive and more creative.

**I Quit Sugar Slow Cooker Cookbook
: Sarah Wilson ...**

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I Quit Sugar Slow Cooker Cookbook Review. You guys all know we are huge fans of Sarah Wilson and we're super excited to bring you our review of the I Quit Sugar Slow Cooker Cookbook. The book includes 85 sugar free slow cooker recipes including one pot meals, hearty breakfasts, stews, curries and sweet treats!

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I Quit Sugar Slow Cooker Cookbook Review

Sarah incorporates her mindful, sustainable and economical practices - designed to feed the family, individuals and people on the go - to bring back the 'slow 'n' low' approach of slow cooking, which creates densely nutritious meals

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I Quit Sugar Slow Cooker Cookbook: 85 easy, nutritious ...

1 beetroot 1 daikon (Asian turnip...use swede or turnip if you can't find one, or simply omit) ½ apple ½ cup of pickled

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onions, sliced finely 1/2 teaspoon stevia
granules

**Sarah Wilson | Sugar-free barbeque
pulled pork - Sarah Wilson**

of all I Quit Sugar recipes" founder, IQS .
Advanced Search By Time ... Slow
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Peanut Butter C... Chive, Kale +

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Parmesan Pancakes with Poa... Spicy
Fish Taco Bowl. Sarah's Crispy KFC.

**Recipes | 28 by Sam Wood -
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2. Transfer the mixture to the slow cooker (if you've marinated the chicken in the insert, simply replace the insert). Mix the rest of the curry powder or paste

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with a little stock, and add to the slow cooker along with the vegetables, the rest of the stock, the coconut milk, stevia, lemongrass ends and bay leaves.

Sarah's Vietnamese Chicken Curry - Powered By IQS

The latest offering from I Quit Sugar includes 85+ sugar-free, electric slow-

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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.

**I Quit Sugar Slow Cooker Cookbook
by Sarah Wilson**

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2. Transfer lamb into a slow cooker. Add

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vegetables, spices, rice malt syrup if using, stock and water. Cook on low for 7-8 hours or on high for 4-5 hours. 3. Meanwhile, combine gremolata ingredients. 4. When ready to serve, check the amount of liquid left in the crock pot.

Slow-Cooked Moroccan Lamb Stew -

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If you're new to quitting the white stuff, you may like to add an extra $\frac{1}{2}$ cup of chopped pear into the mix to sweeten it up a little more. If you do this, add two teaspoons of chia seeds to soak up the extra moisture.

Slow-Cooker Pear + Lavender Cake -

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More about the book Building on the nutritional concepts explored in Sarah Wilson's second print book, international best seller, I Quit Sugar for Life, the Slow Cooker Cookbook is a compilation of densely nutritious meals that are affordable and easy for families and solos. 2015-06-06

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