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Author of the #1 Best Selling *The Skinny Slow Cooker Recipe Book*

The Skinny Slow Cooker Student Recipe Book
Low Calorie, Low Budget, Slow Cooker Meals For Hungry Students

Great tasting, no fuss, low budget AND low calorie slow cooker meals for students. The slow cooker should be the essential kitchen gadget on every students checklist. Whether you're a fresher, post grad, taking a gap year or just starting out in your first home this collection of skinny low calorie recipes will suit any calorie conscious scholar's budget.

Keeping prep time to a minimum, our simple recipes are a breeze to follow with no prior cooking experience needed. With a few essential store cupboard ingredients, some basic kitchen tools, a slow cooker and a desire to cook healthy, balanced, low calorie meals, any student can recreate a taste of home. With some savvy shopping tips, and as little as 10 mins prep, everything is in the slow cooker and left to cook slowly to perfection. Ideal for cooking ahead and freezing portions for another day and for entertaining friends.

Includes:

Over 70 great tasting slow cooker meals under 500 calories
Tips to get the most out of your shopping budget
Basic food hygiene
Essential store cupboard ingredients
Essential kitchen tools
Need to know cooking techniques
Tips on using your slow cooker

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