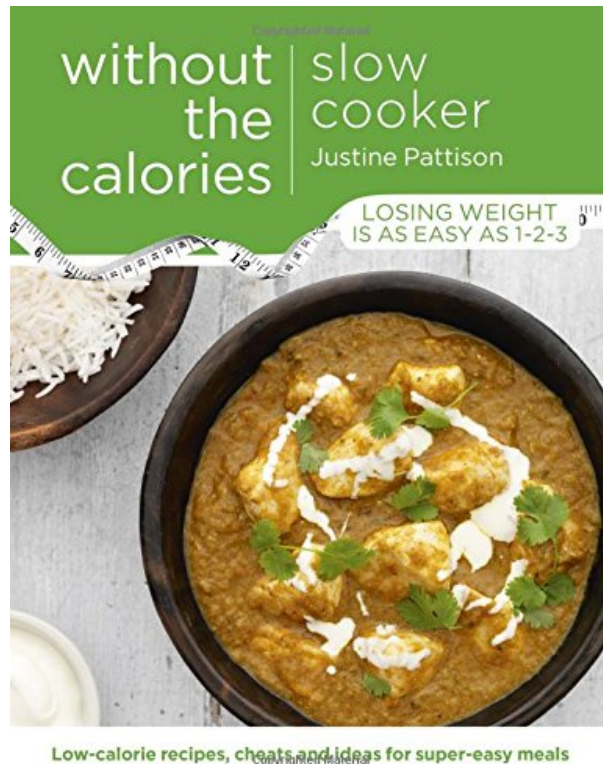


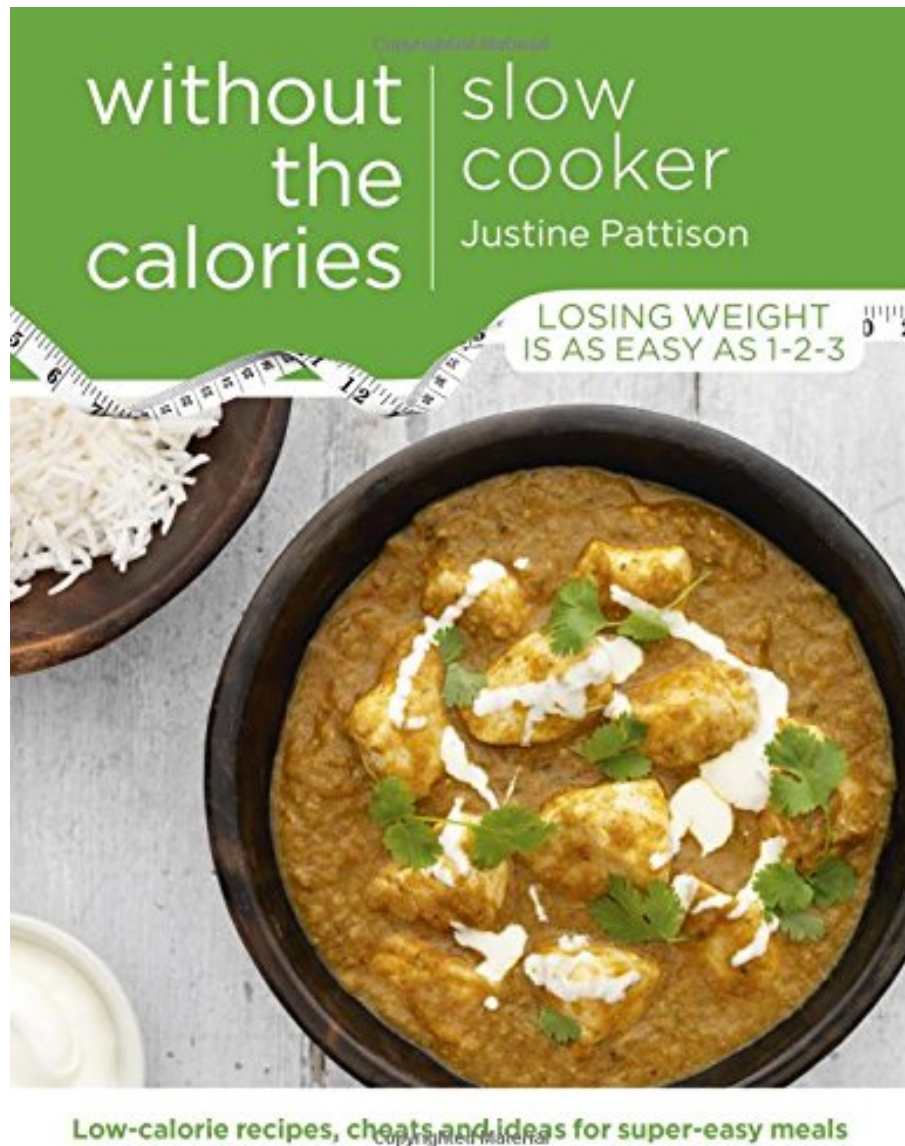
SLOW COOKER WITHOUT THE CALORIES

BY JUSTINE PATTISON



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About the Author

Justine Pattison is the UK's favorite diet recipe writer. To date, her recipes have featured in books totaling over 3 million sales. She is a regular contributor to BBC GOOD FOOD and OLIVE magazines, and most recently the author of FREEZE and the WITHOUT THE CALORIES series. She has a Facebook page <https://www.facebook.com/pages/Justine-Pattison> and a Twitter account @JustinePattison.

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SLOW COOKER WITHOUT THE CALORIES takes all the hassle out of eating the low cal way. Justine's thoroughly tested recipes are simple, accessible and imaginative. Her writing experience and clever combinations will make losing weight as easy as 1-2-3!

Each delicious slow cooked recipe is supplied with introductions, prep and cook times, calorie counts and additional applicable nutritional information, plus Justine's trademark tips and ideas to support and enhance the cooking experience! Also including a handy guide on how to get the very best out of your slow cooker.

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