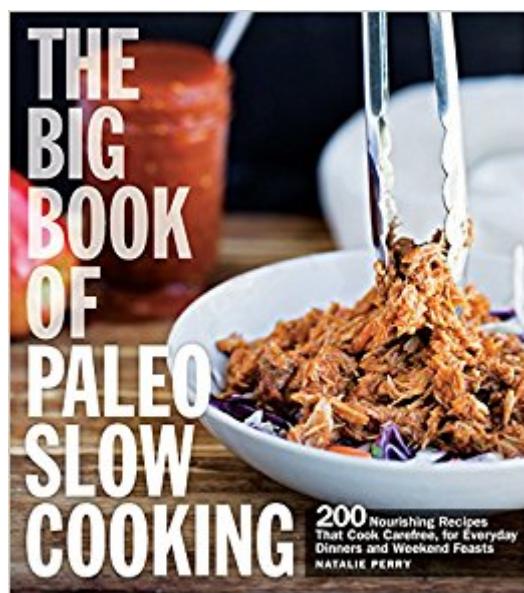


The book was found

The Big Book Of Paleo Slow Cooking: 200 Nourishing Recipes That Cook Carefree, For Everyday Dinners And Weekend Feasts



Synopsis

Paleo goes slow in this cookbook inspired by global cuisine. In The Big Book of Paleo Slow Cooking, well-respected and widely read paleo blogger Natalie Perry puts a modernized paleo spin on traditional slow cooking. The more than 200 recipes in the book include quick and easy meal ideas for weeknights, more elaborate recipes for lazy weekend cooking, and a handy pantry staple section. The recipes are creative and new incorporating global flavors with approachable ingredients and witty commentary.

Book Information

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Customer Reviews

Natalie Perry is the cook, writer, and photographer of the gluten-free and paleo blog Perry's Plate, which she founded in 2008. Perry has been and remains a regular contributor to Ree Drummond's (Pioneer Woman's) websites, first at the Tasty Kitchen Blog and now at Pioneer Woman: Food & Friends. Her work has been featured online at Bon Appetit, Glamour, HuffPost Food, LDS Living, Gourmet Live, and The Kitchn (Apartment Therapy), and in print in Clean Eating magazine. She lives with her husband and four children in the Reno, NV area.

I have had a lot of experience using many of the recipes created by Natalie. I frequently go to Perry's Plate to find new and interesting recipes. Natalie has a knack for knowing what spices go together. She creates tastefully healthy foods that I would not normally have been drawn to but now make regularly for my family. I'm excited to frequent her new cookbook and happy to add it to my kitchen. Anything from Perry's Plate is a win win. Good Job Natalie!

I'm so excited to use this cookbook. The recipes are straight forward and look delicious. I love Natalie's approach to cooking and her entertaining side notes as well. I've followed her blog @perrysplate which has so many wonderful recipes to try. The photos in The Big Book of Paleo are a perfect finish!

I love this book. The recipes are easy to follow and very tasty. She offers a great variety of food choices and they all taste amazing. She entices her readers to try a variety of tastes that they may never have tried before; which opens up the world of good, healthy food to the reader.

It was so exciting to find so many recipes and ideas for our family when we are looking to change our eating habits. Thank you, Natalie, for all your time and effort you put into this endeavor. It is fun to try these new ideas.

Well put together! Her blog is incredible! We were able to test a few recipes before the book was published. The author put a lot of thought and effort into everything. Highly recommend it!

Clear, easy to follow directions. I'll be giving one as a Christmas gift!

My book arrived today and I can't put it down. Easy to follow recipes with beautiful photographs.

Wonderful guilty free recipes! I'm so excited to try them all!

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