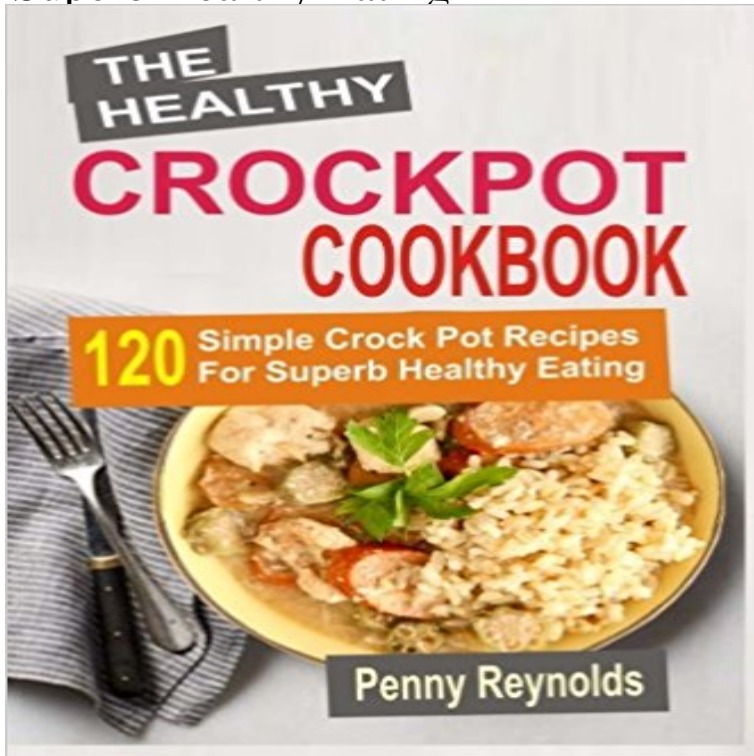


# The Healthy Crockpot Cookbook: 120 Simple Crock Pot Recipes For Superb Healthy Eating



Enjoy Healthy, Affordable And Convenient Meals With Your Crock-pot Everyday! For the average American who works more than 40 hours a week, the Crockpot is a welcome development. It is inexpensive, versatile, easy to operate and extremely convenient. This Crockpot cookbook contains easy-to-follow instructions on how to cook healthy, delicious and irresistible meals with your versatile Crockpot that can meet multiple cooking needs such as stewing, poaching, braising, roasting and baking. Get ready to expend minimal effort to prepare a wide range of simple yet healthy meals! From seafood, soups and stews, pork, beef, vegetables and vegetarian meals, to breakfasts, appetizers, side dishes and desserts, there is no end to what you can prepare, and they are all covered in this great book! There are also nutritional information so you can observe the fat, carbs, protein, sugar, and sodium in your meals. People who enjoy home cooked meals but run tight schedules will definitely love the mouth-watering recipes listed here. Its also great for beginning cooks as well. Here Is A Preview Of These Recipes... Nutmeg-Stuffed Pumpkin Bread Maple-Hazelnut Apple Oatmeal Crockpot Cherry Pie Oats Vegetarian White Chili In The Crockpot Spicy Mexican Chicken Mole Crockpot Beef With Root Veggies Crockpot Cuban Picadillo Pulled Pork With Barbecue Sauce In Bourbon-Peach Veggie-Rich Pinto Bean Sloppy Joes Savory Shrimp Newburg Crockpot Spicy Citrus Fish Slow Cooker Little Hot Appetizer Lemon-Spiced Snacker Mix Tiramisu Bread Dessert Crockpot Brownie Pudding Cake And just so much, so much more! Be reminded that there are 120 healthy and tasty recipes for you to try all through this year. 120! You will have enough time to do the things that you love and still have a sumptuous meal waiting for you. So whatre you waiting for? Enjoy the

extra time this style of cooking will afford you. Get your copy today!

Green Artists League GALvanizing Eco-Responsibility Subscribe via RSS HOME ABOUT ALCHEMICAL GARDEN ECOVENTIONS Help Cultivate The Alchemical Garden: An Edible Garden and Art Park at Newburyport's Rail Trail Posted by erin on April 25, 2011 3 comments The Alchemical Garden site February 2010 GAL is turning a desolate field of weeds into a visually compelling garden that will educate and engage the community for years to come. Located on a 160 x 25 site near the south entrance of Newburyports Clipper City Rail Trail, the Alchemical Garden is a richly layered evolving art and horticulture experience that is accessible on many different levels to the public. Alchemical Garden Plot plan Alchemical Garden is designed to become a model for a sustainable, interactive public garden through the use of symbiotic, low maintenance plantings and recycled materials. The ancient discipline of Alchemy marries art and science and is famously known for transforming a common material into gold. The Alchemical Garden will lead the community to transform on a number of levels : Alchemical Garden with Spring Wheat "Crop Circles" June, 2011 BUILD COMMUNITY: The Garden creates a gathering space for individuals to form a more intimate relationship with their community. The space is designed with visual features and seating areas to compel passers-by to pause, reflect, and have a multi-sensory interactive experience ( sight, smell, touch, taste, smell) with the garden and the community. Read the rest of this entry Categories: Alchemical Garden, Articulture, Current Events, Projects. Tags: alchemy, art, bike, crucible, ecology, garden, green art, hedge, hyper-accumulating, industry, living structure, Newburyport, permaculture, rail, sculpture, soil remediation, trail, tree guilds.

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